



Sassy Melon Salad



1/4th of recipe (about 1 1/3 cups): 91 calories, 0.25g total fat (0g sat fat), 30mg sodium, 22g carbs, 2g fiber, 17g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes



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Ingredients

1/2 cup fat-free vanilla yogurt
2 tsp. lime juice
2 cups diced (seedless or seeded) watermelon
1 1/2 cups diced cantaloupe
1 1/2 cups diced cucumber
1 cup diced pear

Directions

In a blender or food processor, combine yogurt, lime juice, and 1/4 cup watermelon. Blend until smooth.

In a large bowl, combine cantaloupe, cucumber, pear, and remaining 1 3/4 cups watermelon. Add yogurt mixture and toss to coat.

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.