

Melon-Berry Salad w/ Lemon & Thyme Syrup
adapted from Woman's Day Magazine, July 2009

1 scant cup sugar
1/4 c water
peel and juice from 1 large lemon
1 handful fresh thyme sprigs

1 cantaloupe
1 container strawberries
1 container blueberries
thyme leaves

Place the first 4 ingredients in a saucepan. Bring to a boil, then simmer for about 5 minutes. Remove from stove and allow to steep for 30-40 minutes. Strain to remove lemon peel and thyme. Allow to cool before using.

While the syrup cools, wash the fruit. Cube the cantaloupe; cut the strawberries.

Place about 1/2 cup cubed cantaloupe in each bowl. Toss in a small handful of strawberries and about 1/4 cup blueberries in a bowl. Drizzle about 1 TBSP syrup over the fruit. Stir gently. Garnish with thyme leaves. Repeat with remaining fruit and syrup, or store (separately) in the fridge. When using from the fridge, warm the syrup for a about 5 seconds in the microwave to make it spoonable.