

CRISPY CANTALOUPE

Time: 15 minutes

Serves: 4

Ingredients:

½ cantaloupe – seeded and cut into eight wedges
8 slices prosciutto
1 teaspoon extra-virgin olive oil

Preparation:

Preheat a pan on medium heat.

Wrap each cantaloupe wedge with a prosciutto slice.

Put the oil in the pan and once it's hot, place the wrapped cantaloupe wedges in the pan. Turn the wedges after approximately three minutes or once the prosciutto is crisp. Continue cooking until both sides are crisp.

Remove the wedges from the pan and serve immediately.

Nutritional Information Per Serving:

Calories: 107
Fat: 4g
Carbs: 10g
Fibre: 1g
Protein: 10g