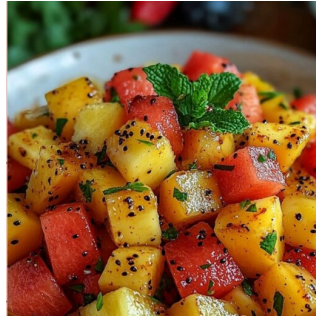


## Melon and Pineapple Salad: Refreshing Summer Fruit Salad Recipe

Get ready to refresh your summer gatherings with this vibrant and zesty



**TIME**  
**15-30 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 2 cups fresh pineapple, cubed
- 2 cups ripe cantaloupe or honeydew melon, cubed or balled
- 1-2 cups juicy watermelon, cubed or scooped (optional, but highly recommended!)
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- A handful of fresh mint or basil, chopped (optional, but adds a lovely freshness)
- Pinch of salt
- Chili powder or Tajin (optional, for a sweet-spicy kick)
- Crumbled feta or goat cheese (optional, for a savory twist)
- Toasted coconut flakes (optional, for texture and tropical flavor)

#### Swaps and Notes:

**Melons:** Cantaloupe and honeydew are classic. If you're a fan, use all three types of melon for a beautiful color contrast and varied sweetness.

**Pineapple:** Fresh pineapple is best, but good quality canned pineapple chunks (drained) can be used in a pinch.

**Lime:** Freshly squeezed lime juice and zest are highly recommended for the brightest, most vibrant flavor.

**Herbs:** Fresh mint adds a cool, refreshing note, while basil offers a subtle peppery sweetness that

pairs surprisingly well with fruit. Choose your favorite, or use a mix!

**Salt:** A small pinch of salt actually enhances the sweetness of the fruit, so don't skip it!

**Optional Toppings: Chili Powder/Tajin:** Adds a fantastic sweet-spicy-tangy kick.

**Crumbled Cheese:** Feta or goat cheese provide a salty, tangy contrast that works surprisingly well with sweet fruit.

**Toasted Coconut Flakes:** Adds a wonderful tropical aroma and crunch.

## DIRECTIONS

1. Let's get this refreshing : Melon and Pineapple Salad assembled!
2. Prep the : Fruit: Start by washing and peeling the fruits as needed. Carefully cut the fresh pineapple, cantaloupe or honeydew melon, and the optional watermelon into bite-sized cubes or use a melon baller for a more elegant presentation. Aim for pieces that are roughly the same size for easier eating.
3. Combine : Ingredients: In a large mixing bowl, toss together all the prepared fruit. Add the fresh lime juice, lime zest, and the chopped fresh mint or basil (if you're using them). Gently mix everything until all the fruit is beautifully coated with the lime and herb dressing.
4. Chill for : Flavor & Coolness: Pop your salad in the fridge for about 15-30 minutes. This resting time is important because it allows the flavors to mingle beautifully and intensify. It also ensures the salad is nicely cooled down for serving, making it even more refreshing on a hot day.
5. Add : Toppings & Serve: Right before you're ready to serve, remove the chilled salad from the fridge. Sprinkle a pinch of salt over the fruit (this helps to brighten the flavors!). Now, add any of your chosen optional toppings: a dash of chili powder or Tajin for that sweet-spicy flair, crumbled feta or goat cheese for a savory twist, or toasted coconut flakes for added texture and tropical aroma. Gently toss once more, if adding toppings, and serve immediately.
6. Enjoy this light and refreshing salad as a side or a light meal. It's a delightful mix of sweet, creamy, and crunchy in every bite!

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### TIPS FOR SUCCESS

**Ripe Fruit is Key:** The success of this salad hinges on ripe, flavorful fruit.

Choose melons that smell fragrant at the stem end and pineapples that yield slightly to pressure.

**Don't Overmix:** Be gentle when tossing the fruit to avoid bruising the softer melon pieces.

**Chill Time:** Don't skip the chilling step!

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/melon-and-pineapple-salad-refreshing-summer-fruit-salad-recipe/>