

Cantaloupe



Key Points

- ▶ An excellent source of vitamins A and C and a good source of potassium. Contains carotenoids that may be good for health.
- ▶ Choose fragrant, symmetrical cantaloupes, heavy in size with yellow or creamy-colored skin and no visible bruises. The stem end should give to gentle pressure.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Store uncut cantaloupes at room temperature for up to one week. Refrigerate cut melon in an airtight container up to five days.

Melon Salsa

Number of servings: 6

Ingredients:

1 cup cantaloupe, cubed
1 cup watermelon, seeded and diced
1 cup cucumber, seeded and diced
½ small onion, chopped
2 tablespoons fresh cilantro, chopped
½ teaspoon chili powder, if desired
¼ cup lime juice
1 tablespoon sugar

Per serving: 36 calories; trace fat (trace saturated fat); 1 g protein; 9 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 7 mg sodium.

Directions:

- ▶ Add cantaloupe, watermelon, cucumber, onion, cilantro, chili powder and lime juice to bowl. Mix well.
- ▶ Taste and add sugar or more lime juice if needed.
- ▶ Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken, baked tortilla chips, or whole-wheat crackers.

Quick Tips

- ▶ Make popsicles by pureeing cantaloupe with a little sugar and a splash of lime juice. Pour into molds and freeze.
- ▶ Clean out the core of the cantaloupe and slice into large smile-shaped wedges. A great way to get kids to eat more fruit!
- ▶ Clean cantaloupe and other firm-skinned produce under running tap water while rubbing with your hands or scrubbing with a clean brush.
- ▶ Add chunks of cantaloupe to any salad for a perfect light and sweet addition.

Blueberry-Melon Summer Salad

Number of servings: 6

Ingredients:

2 cups watermelon, cubed
2 cups cantaloupe, cubed
2 cups blueberries
1 cup lemon yogurt
1 tablespoon honey
1 teaspoon lemon juice

Per serving: 108 calories; 2 g fat (1 gram saturated fat); 2 g protein; 22 g carbohydrate; 2 g dietary fiber; 6 mg cholesterol; 27 mg sodium.

Directions:

- ▶ In a large salad bowl, add watermelon, cantaloupe, and blueberries.
- ▶ In a separate small bowl, whisk together the yogurt, honey, and lemon juice until smooth. Gently fold into the fruit.
- ▶ Toss to coat, and serve.

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