

What's Fresh:

# Melons



## They're naturally good!

- ◆ Rich in many vitamins like A, C & K
- ◆ Good source of folic acid & potassium- which is good for keeping your heart beat regular!
- ◆ 1 cup diced or melon balls = 1 cup of fruit

## Selection Tips:

- ◆ Melons should be harvested at peak ripeness because they do not ripen after being picked
- ◆ Melons will not get sweeter from sitting on the counter, but will become juicer after sitting 2-3 days or up to 1 week
- ◆ Choose melons that smell sweet (remember to step away from the other melons) and are heavy for their size with no bruises

## Ways to eat melons:

- ◆ **Snack on it.** Melon wedges, balls or cubes make a great on-the-go snack!
- ◆ **Serve with cottage cheese or yogurt** for a healthy protein rich snack or breakfast!
- ◆ **Add it to smoothies.** Use fresh or frozen melon in smoothies. In a blender combine 1/2 cup of melon, 1/2 cup orange juice, 1 banana and 1/2 cup low-fat yogurt or ice. *Add 1-2 cups of fresh spinach for an extra boost of nutrition.*
- ◆ **Make a fruit salad!** Mix melon chunks with your favorite fruits for an easy salad. Enjoy as a snack or dessert!
- ◆ **Grill it!** Thread melon wedges or chunks on a skewer & cook 3-5 minutes, turning half way through. Drizzle with lemon/lime juice & honey before serving!
- ◆ **Make Easy Melon Sorbet!** All you need is to cut melons into chunks, freeze in a zip lock bag and use a food processor or blender to puree the frozen melon chunks. Add sugar to taste & store in an airtight freezer container for up to 2 weeks.
- ◆ **Add to your favorite salsa!** Recipe on the back.

## Storage Tips:

To make the melon juicier let it sit out on a counter at room temperature away from direct sunlight for up to 1 week.

To store the melon, cut in pieces & place in a plastic bag or air tight container. Use within 5 days.

## Preparation Tips:

- 1) Wash the outside of the melon and cut in half and use a spoon to scoop out the seeds (cantaloupe & honeydew)
- 2) Continue to cut in wedges and eat out of hand or use a melon baller to scoop out flesh

OR

- 1) After washing the melon cut the top and bottom off. Stand on one end and then cut off the rind by slicing from top to bottom going in a circle
- 2) Finish dicing into bite-sized chunks

See more recipes on the back ➡



# *Make it a meal!*

# RECIPES

## Watermelon Salsa

### Ingredients:

- |  |   |
|--|---|
| 2 cups watermelon, diced               | 2 cups mango or other melon (cantaloupe/honeydew) |
| 1/2 cup onion, diced                   | 1 can beans, drained & rinsed                     |
| 1 large tomato or 1/2 cup diced tomato | 2 tablespoons fresh cilantro, chopped (optional)  |
| 1/4 cup lime or lemon juice            |   |

### Directions:

1. Combine all ingredients and toss. Cover and refrigerate. Serve cold.

## Cantaloupe Muffins

### Ingredients:

- |                           |  |
|---------------------------|--|
| 1 cup flour               | 1/2 cup of oats                            |
| 3/4 cup brown sugar       | 1/2 teaspoon of salt                       |
| 2 teaspoons baking powder | 1/4 teaspoon of ginger (if available)      |
| 1/2 teaspoon of cinnamon  | pinch of allspice or nutmeg (if available) |
| 1 cup of cantaloupe puree | Cooking spray or muffin baking cups        |

### Directions:

1. Preheat oven to 400 Fahrenheit. Combine flour, oats, sugar, salt, baking powder, ginger, cinnamon, and nutmeg in a mixing bowl. Mix well.
2. Cut about a third of a cantaloupe into chunks and throw into a food processor or blender. Puree until you get one cup. Add puree to mixing bowl. Mix together.
3. Place baking cups in muffin pan or spray muffin pan with cooking spray. Pour mix into muffin pan.
4. Bake for 15-20 minutes. Muffins are done cooking when a tooth pick inserted in the middle comes out clean.

## Chicken Salad with Watermelon & Peaches

### Ingredients:

- |                               |                            |
|-------------------------------|----------------------------|
| 1 (10oz) can chicken, drained | 1 cup plain nonfat yogurt  |
| 1/2 cup light mayonnaise      | 1 tablespoon lemon juice   |
| Salt and pepper to taste      | 2 cups peaches, diced      |
|                               | 2 cups watermelon, chopped |

### Directions:

1. Mix together all ingredients in a bowl. Serve on a bed of lettuce or brown rice!

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