

Melons

Key Points

- For the best buy, choose melons that have a good scent and are heavy for their size with no bruises.
- To prepare melons, rinse the rinds and cut them in half or in wedges and remove the seeds.
- To store fresh, leave whole melons at room temperature out of direct sunlight for up to 1 week. Refrigerate cut melons for up to 5 days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



Cantaloupe, Tomato, and Basil Salad

Ingredients:

- 10 tomatoes, chopped (save the liquid)
- 1 ripe cantaloupe, chopped
- 1/2 cup fresh basil leaves, chopped
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Directions:

1. In a large bowl, mix the tomato, cantaloupe and basil.
2. Toss with the tomato liquid, olive oil, salt and pepper.
3. Serve cold and enjoy!
4. Refrigerate leftovers.

Makes 8 servings.

Adapted from goodhousekeeping.com

Nectarine Glazed Honeydew

Ingredients:

- 1 cup nectarines, finely chopped
- 1 tablespoon brown sugar
- 1 teaspoon grated ginger
- 1/4 teaspoon ground allspice
- 2-3 tablespoons chopped mint
- 1 medium honeydew, cubed

Directions:

1. In a medium pot, combine the nectarines, brown sugar, ginger, allspice and mint.
2. Bring to a boil. Cook 3-5 minutes or until sauce begins to thicken.
3. Pour over honeydew.
4. Serve and enjoy!
5. Refrigerate leftovers.

Quick Tips

- Serve melon balls or cubes with cottage cheese.
- Add melon cubes or melon balls to fruit salads.
- Serve melon halves with chicken or seafood salads.
- Remember to rinse all fruits and vegetables before using.