

# 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.

**Makes 6 servings.**

*Adapted from tasteofhome.com*

## 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.

Just Say Yes to Fruits and Vegetables



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