

# SUMMER FRESH! MELONS



## MELONS

**Melons** mean summer! And, they mean nutrition: they are packed with vitamins A and C. Some research has shown that the beta-carotene in many **cantaloupes** beats the amount found in bright oranges! Melons are great snacks, packable for all your fun, summer activities! Also, try them alongside your breakfast cereal, on top of oatmeal or yogurt, on top of salad greens, or cooked as a dessert (yes, you can grill cantaloupes).

## Fun facts about melons!

- Cantaloupe is the most popular melon in the U.S.!
- An average-sized cantaloupe has only 100 calories!
- Cantaloupe can be consumed fresh on its own or as an ingredient in fruit salads, sorbets, smoothies and other recipes. It also can be roasted and used as a topping for oatmeal or yogurt (raw melon on top is yummy too).
- A cantaloupe cannot increase in sugar content after the harvest. It ripens only on the stem, so eat it soon after you buy it for optimal freshness!
- Make sure you wash the skin of the cantaloupe very well before cutting – the surface of a cantaloupe often is covered with bacteria that could make you sick if not rinsed off.

**Check out the July Commit to Health Foods of the Month newsletter for more information about melons and nutritious, yummy recipes!**

# MELON, HAM AND FRESH MOZZARELLA SKEWERS – A GREAT SNACK OR APPETIZER!

(6 servings)

## INGREDIENTS:

- 1 small (about 2-lb) cantaloupe, cut into bite-sized pieces
- 6 small fresh water-packed mozzarella balls or 1 (8-oz) ball\* cut into 6 cubes, drained
- 6 thin slices of deli ham or prosciutto,\* cut in half lengthwise, gathered into ruffle
- 6 (8-in) wooden skewers, or a box of long toothpicks
- Basil vinaigrette or balsamic vinaigrette dressing
- Fresh basil (optional)

## INSTRUCTIONS:

1. On skewer or long toothpicks,\*\* alternate 1 melon piece, 1 piece of ham, 1 mozzarella ball or cube, 1 basil leaf, 1 more prosciutto piece, and 1 more melon piece on each skewer (Can be prepared 2 hours ahead; cover and refrigerate. Bring to room temperature 15 minutes before serving.)
2. Arrange loaded skewers on a platter. Drizzle with basil vinaigrette or balsamic vinaigrette dressing, and sprinkle with cracked black pepper if desired. Garnish with basil sprigs.



\*Available at Italian markets, cheese shops, and many supermarkets.

\*\*If using toothpicks, cut the cheese, melon and ham pieces into smaller, half-sized pieces. You will be making double the number as well!

Recipe adapted from:

<https://www.epicurious.com/recipes/food/views/brochettes-of-melon-prosciutto-and-fresh-mozzarella-108428>



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# QUICK AND CREAMY FRUIT SALAD

(6 servings)

## INGREDIENTS:

- 2 Granny Smith apples (or other type of apple if you don't care for the tartness), cored and cut into ½-in. chunks
- 1-lb. honeydew melon, cut into ½-in. chunks
- 1 (20-oz) can pineapple rings in juice, drained and cut into small wedges
- ½ cup dried cherries, raisins or raisins
- ½ cup plain nonfat Greek yogurt
- Pinch of salt

## INSTRUCTIONS:

1. In a large bowl combine the apple chunks, honey dew melon, pineapple chunks, dried cherries, yogurt and pinch of salt.
2. Stir to combine.



Recipe adapted from:

<https://www.foodnetwork.com/recipes/sunny-anderson/quick-and-creamy-fruit-salad-recipe2-2108754>



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