melons
cantaloupe, watermelon, honeydew

select
Choose melons that are heavy for their size and smell good. Avoid melons with bruises.

store
Uncut melons can be kept at room temperature for up to 1 week. Refrigerate cut melon in an airtight container for up to 5 days.

prepare
Rinse melons with water before cutting. Scrub with a vegetable brush if needed. Cut into large slices, remove the peel and seeds.

summer smoothies
Use melons to make refreshing summer smoothies. Peel and remove the seeds. Cut into cubes. To make your smoothie extra slushy, freeze melon cubes before blending.

melon and mint
3 cups watermelon cubes
3 cups honeydew cubes
¼ cup fresh mint leaves
juice from ½ lime
2 tablespoons honey

step 1 Blend lime juice, mint leaves and honey together in a small food processor.

step 2 Place melon cubes in a bowl. Drizzle dressing over melon and toss gently.
Makes 6 servings - One serving (1 cup) has 82 calories, 0 gms fat, 187 mg sodium and 1 gms fiber.

Cantaloupe Smoothie
Blend together 3 cups cantaloupe, 1 cup orange juice and 6 ice cubes.

Watermelon-Strawberry Smoothie
Blend together 3 cups watermelon and 2 cups frozen strawberries.

Blueberry-Watermelon Smoothie
Blend together 2 cups watermelon, 2 cups frozen blueberries and 6 ounces vanilla yogurt.

Watermelon-Banana Smoothie
Blend together 2 cups watermelon, 1 frozen banana and 6 ounces strawberry yogurt.

simply melon...
• Serve slices of cantaloupe, watermelon or other melons.
• Top cantaloupe with vanilla yogurt or cottage cheese.
• Mix watermelon chunks with kiwi chunks.