

# 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, 18 mg sodium and 1 gm 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.