



TASTE OF THE SEASON...

CANTALOUPE

Fun Facts

- Cantaloupes are named for the papal gardens of Cantaloupe, Italy.
- Cantaloupe comes with its own serving bowl. You can cut them in half through the middle and scoop out each half with a spoon.
- Cantaloupes are actually muskmelons, because of its sweet smell.



Storage Tips:

Melons can be left at room temperature to ripen. Refrigerate as soon as melon is ripe.

Nutrition Facts

Serving Size 1 cup, balls 177g (177 g)

Amount Per Serving

Calories 60 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 6%

Sugars 14g

Protein 1g

Vitamin A 120% • Vitamin C 108%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Melon Parfait with Yogurt (Serves 4)

- 1 16-ounce container non-fat strawberry yogurt (or your favorite flavor blended yogurt)
- 2 Cups low fat granola
- 1 cup Cantaloupe, diced or cut into melon balls.
- 1 cup Honeydew, sliced or cut into melon balls.
- 1 cup Watermelon, diced or cut into melon balls
- 1 cup low fat whipped topping.

In 4 parfait glasses, spoon ¼ cup cantaloupe cubes or balls into each glass. Drizzle with ¼ cup yogurt and sprinkle with ¼ cup granola. Continue to layer melon, yogurt and granola, finishing with watermelon on top. Top with a dollop of whipped topping and a sprinkle of granola to finish.

You can try different flavors of yogurt and granola for variation.

Purchasing Cantaloupe:

Cantaloupes are best June through September. If cantaloupe is ripe you should be able to hear the seeds rattling inside. The belly button should be somewhat soft.



Cantaloupe gets an A+ Cantaloupes have significant amounts of Vitamins A and C.

A few quick serving ideas—

- ❖ In a blender, puree cantaloupe and peeled soft peaches to make a delicious cold soup.
- ❖ Add some sparkling water to fresh squeezed cantaloupe juice for a refreshing drink in the warm months of the year.

Cantaloupe, as part of a 5 a day fruit & vegetable program, can help reduce the risk of cancer and heart attacks.

