



Local

PICK OF THE MONTH

August 2015

Cheerful cantaloupe

Recipe

Melon and feta salad

Ingredients

4 cups melon, cut into bite sized pieces
 1/4 cup red onion, sliced
 1/2 cup feta cheese
 1 tablespoon mint, thinly sliced
 1 tablespoon lime juice
 1/4 teaspoon salt
 Pepper to taste

Directions

Toss ingredients together and serve.

Yields 4 servings.

Nutrition information per serving:

70 calories, 1g carbohydrates, 3g protein, 1g fiber

Recipe adapted from closetcooking.com

What's so great about cantaloupe?

- It's fat-free and sodium-free
- It's a good source of vitamin A, potassium and phytonutrients
- It's an anti-inflammatory food!

What's the best way to eat cantaloupe?

- Cut up in bite-sized pieces!
- Fruit kabobs
- Fruit salsa
- Summer fruit salads



Selection and preparation

Selection

Choose a melon that is fragrant, symmetrical and heavy without visible bruises

Storage

An uncut melon can be stored for about one week. Once it's cut, put in an airtight container, where it can be stored for about five days.

Preparation

Scrub the exterior under water before slicing.

Cooking

Cut, dice, chill, freeze and enjoy!



Building healthier communities together



Check your local grocery store or fruit stand for fresh cantaloupe today!