Why Should I Eat Cantaloupe?

- High in Vitamin A—good for eyes, skin, and immune system.
- High in Vitamin C—good for bones, and helps heal wounds.
- Has Potassium—helps control blood pressure and is good for your muscles.

How Do I Know I Have a Good One?

- Sweet-smelling with a soft stem end, and a creamy yellow-colored rind. No dark green spots.
- Even on the outside.
- Should be heavy.
- No bruises, soft spots, or cracks on the rind.

How Should I Handle Them At Home?

- Wash any kind of melon before cutting.
- Whole melons can be kept at room temperature.
- Cut melons have to be refrigerated in sealed containers. Keep sliced or cut melons on ice or in cooler if you take them outside. Never leave cut melons on the table or at room temperature.
- Peeled and cubed melon can be frozen. Use in smoothies, or put frozen cubes in fruit salads. Don’t let it thaw or it will be mushy.
## Chilled Cantaloupe Soup

**Serves 6 people**

- 1 cantaloupe - peeled, seeded, and cut into cubes
- 2 cups orange juice
- 1 Tbsp fresh lime juice
- 1/4 tsp ground cinnamon

1. Place cantaloupe and 1/2 a cup of orange juice in a blender (or food processor) and mix until smooth.
2. Move to a large bowl, and stir in the lime juice, cinnamon and the rest of the orange juice.
3. Cover and put in the refrigerator for at least 1 hour.

Adapted from: Allrecipes.com

Note: You can serve this for breakfast like a smoothie, for a snack, or as a dessert after dinner.

## Cantaloupe and Blueberry Breakfast Dessert

**Serves 2-4 people**

- 1 Cantaloupe- cut into 2 or 4 wedges, with seeds removed.
- 1 cup non-fat yogurt
- 1 cup of blueberries or other berries
- 1/2 cup of granola

1. Mix yogurt and granola in a bowl.
2. Put yogurt and granola mixture in each cantaloupe pocket.
3. Put the berries on top.

## Melon Salsa

**Serves 8 people**

- 1 cantaloupe— peeled and chopped into tiny pieces
- 3 tomatoes- take out seeds, and chop into tiny pieces
- 1/2 jalapeño (if you like spicy)- chop into tiny pieces
- 1/2 cup of cilantro— wash and chop into tiny pieces
- 2 Tbsp lime juice
- 1/2 tsp salt

1. Mix all ingredients together.
2. Cover and put in refrigerator.
3. Let sit for at least 30 minutes.
4. Serve with tortilla chips or crackers as a dip. OR
5. Serve on grilled or baked chicken, chicken nuggets or strips, on pork chops or with grilled sausages.