Melons

Key Points

• For the best buy, choose melons that have a good scent and are heavy for their size with no bruises.

• To prepare melons, rinse the rinds and cut them in half or in wedges and remove the seeds.

• To store fresh, leave whole melons at room temperature out of direct sunlight for up to 1 week. Refrigerate cut melons for up to 5 days.

• Melons contain vitamin A, which is good for healthy eyes and skin.

Melon Bowls

Ingredients:
1 melon (cantaloupe or honeydew)
1 cup low fat yogurt
3 cups chopped mixed fruit

Directions:
1. Cut melon in half and remove seeds.
2. Scoop out an inch of melon around the center, widening the ‘bowl’. Chop and set aside.
3. In a large bowl, mix the chopped melon, yogurt and chopped mixed fruit.
4. Scoop fruit mixture into melon bowls.
5. Chill for 1 hour.
6. Serve cold and enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Watermelon Black Bean Salsa

Ingredients:
2 cups chopped watermelon, seeds removed
1 cup cooked black beans
1/2 cup chopped onion
1 tablespoon chopped green chilies
1 garlic clove, minced
2 tablespoons lime juice
1 tablespoon vegetable oil
Salt to taste (optional)

Directions:
1. In a large bowl, mix all ingredients together.
2. Cover and chill in refrigerator.
3. Stir and serve with tortilla chips or with chicken or fish.
4. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

• Serve melon balls or cubes with cottage cheese.

• Add melon cubes or melon balls to fruit salads.

• Serve melon halves with chicken or seafood salads.

• Remember to rinse all fruits and vegetables before using.

This institution is an equal opportunity provider and employer. This material was funded by USDA’s Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689. Visit our website at www.jsyfruitveggies.org for more great recipes!
# The Nutrition Facts Label—What does it tell us?

**Recipe name: Melon Bowls**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1/6 of recipe (225g)</td>
</tr>
<tr>
<td><strong>Servings Per Recipe:</strong> 6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount/Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>45mg</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Carbohydrate</strong></td>
<td>26g</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>3g</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>21g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. **Start with Serving Size.**
2. **Check Calories.**
3. **Limit these:**
   - Total Fat
   - Saturated Fat
   - Trans Fat
   - Cholesterol
   - Sodium
4. **Get enough of these:**
   - Fiber
   - Vitamin A
   - Vitamin C
   - Calcium
   - Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH
The Nutrition Facts Label—What does it tell us?

Recipe name: Watermelon Black Bean Salsa

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1/4 of recipe (153g)</td>
</tr>
<tr>
<td>Servings Per Recipe: 4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount/Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>30</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>19g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

Vitamin A      8%  Vitamin C   15%
Calcium        2%  Iron      6%

1. Start with Serving Size.
2. Check Calories.
3. Limit these:
   - Total Fat
   - Saturated Fat
   - Trans Fat
   - Cholesterol
   - Sodium
4. Get enough of these:
   - Fiber
   - Vitamin A
   - Vitamin C
   - Calcium
   - Iron

*Percent (%) Daily Values are based on a 2,000 calorie diet.

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This institution is an equal opportunity provider and employer. This material was funded by USDA’s Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.