

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.

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Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Melon Bowls

Nutrition Facts			
Serving Size: 1/6 of recipe (225g)			
Servings Per Recipe: 6			
Amount/Serving			
Calories 110	Calories from Fat 5		
% Daily Value*			
Total Fat 1g			1%
Saturated Fat 0g			2%
Trans Fat 0g			
Cholesterol less than 5mg			1%
Sodium 45mg			2%
Total Carbohydrate 26g			9%
Dietary Fiber 3g			10%
Sugars 21g			
Protein 3g			
Vitamin A 70%	Vitamin C 90%		
Calcium 8%	Iron 2%		
*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

Nutrition Facts

Serving Size: 1/4 of recipe (153g)

Servings Per Recipe: 4

Amount/Serving

Calories 120 **Calories from Fat** 30

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 4g **18%**

Sugars 6g

Protein 5g

Vitamin A 8% Vitamin C 15%

Calcium 2% Iron 6%

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

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