

Produce of the Month

HOW TO CHOOSE

- Look for well-shaped cantaloupe with a sweet smell. The rind should be evenly colored and free of dark spots.
- Avoid dark green cantaloupe that feel hard and have a bitter taste.

WHAT IS IT GOOD FOR?

- High in vitamin A. Vitamin A aids in maintaining healthy skin and vision.
- High in vitamin C. Vitamin C helps to heal cuts and bruises.
- A good source of potassium. Potassium helps control blood pressure.

EATING IDEAS

- Cut cantaloupe into wedges and serve for dessert.
- Blend low-fat yogurt, chopped cantaloupe, frozen strawberries, and a banana. Pour into paper cups and enjoy.

SEASON

- You can buy Florida cantaloupes from March through July. They are available year-round!

STORAGE

- Store ripe cantaloupe in the refrigerator for up to one week. Wrap cut cantaloupe and store in the refrigerator for up to two days. Keep firm cantaloupe at room temperature.

Scan the QR code and be able to find it!



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Cantaloupe Salsa

Prep Time: 25 minutes

INGREDIENTS:

- 1/2 large ripe cantaloupe
- 3/4 cup diced red bell pepper
- 1/4 cup diced scallions
- 3 Tbsp minced fresh cilantro
- 1 lime juice
- 1/2 tsp salt
- 1/2 tsp black pepper

DIRECTIONS:

Remove seeds and rind from cantaloupe. (You should have approximately 1/2 pound cantaloupe flesh.) Chop cantaloupe into very small diced pieces. Put in diced cantaloupe into a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with grilled chicken.

Notes: Cantaloupe Salsa

Serves: 1/4 recipe
 Calories: 45, Calories from Fat: 5, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g,
 Cholesterol: 0mg, Sodium: 90mg, Total Carbohydrates: 11g, Dietary Fiber: 2g,
 Sugars: 9g, Protein: 1g, Vitamin A: 90%, Vitamin C: 160%, Calcium: 2%, Iron: 2%