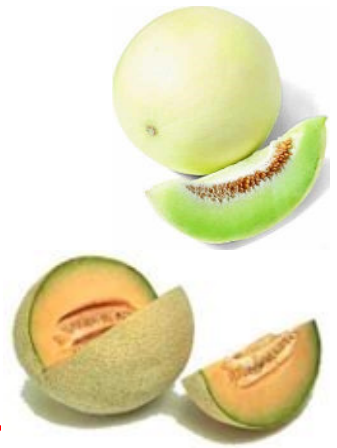


# Melons

## 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, then refrigerate when ripe. Refrigerate cut melons for up to 5 days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



## Cantaloupe, Tomato, and Basil Salad

### Ingredients:

10 chopped tomatoes (save the liquid)  
1 ripe, chopped cantaloupe  
1/2 cup chopped fresh basil leaves  
1 tablespoon vegetable oil  
Salt and pepper to taste

### Directions:

1. In a large bowl mix the tomato, cantaloupe, and basil.
2. Toss with the tomato liquid, oil, salt and pepper.
3. Serve cold and enjoy!
4. Refrigerate leftovers.

**Makes 8 servings.**

*Recipe adapted from  
goodhousekeeping.com*

## Nectarine-Glazed Honeydew

### Ingredients:

1 cup finely chopped nectarines  
1 tablespoon brown sugar  
1 teaspoon grated ginger  
1/4 teaspoon ground allspice  
2-3 tablespoons chopped mint  
1 medium honeydew, cubed

### Directions:

1. In a medium pot combine the nectarines, brown sugar, ginger, allspice, and mint.
2. Bring to a boil. Cook 3-5 more minutes or until sauce begins to thicken.
3. Pour over honeydew.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Make refreshing melon soup: puree melon and fresh herbs in a blender!
- Add melon cubes or melon balls to fruit salads.
- Serve melon halves with chicken or seafood salads.
- **Kids can help!** Scooping out melon seeds is an easy, fun way to enjoy cooking with your child!

*Just Say Yes* to Fruits and Vegetables

Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Cantaloupe, Tomato,  
and Basil Salad

**Recipe Name:**  
Nectarine-Glazed  
Honeydew

<b>Nutrition Facts</b>			
Serving Size (257g)		Servings Per Container	
Amount Per Serving			
<b>Calories 80</b>	Calories from Fat 20		
		% Daily Value*	
<b>Total Fat 2.5g</b>			<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 90mg</b>			<b>4%</b>
<b>Total Carbohydrate 15g</b>			<b>5%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 11g			
<b>Protein 2g</b>			
<b>Vitamin A 60%</b>	•	<b>Vitamin C 90%</b>	
<b>Calcium 4%</b>	•	<b>Iron 4%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (241g)		Servings Per Container	
Amount Per Serving			
<b>Calories 100</b>	Calories from Fat 5		
		% Daily Value*	
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 40mg</b>			<b>2%</b>
<b>Total Carbohydrate 24g</b>			<b>8%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 21g			
<b>Protein 1g</b>			
<b>Vitamin A 6%</b>	•	<b>Vitamin C 70%</b>	
<b>Calcium 2%</b>	•	<b>Iron 4%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

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

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