

SHOPPER TIPS

- Look for well-shaped cantaloupe with a sweet smell. The rind should be easy to peel and have a net-like pattern. Avoid dark green cantaloupe that feel hard and have a strong ammonia-like odor.

WHAT'S IN IT FOR YOU?

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

SERVING 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.

PEAK SEASON

- You can buy Florida cantaloupes from March through July. They are at their best!

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.



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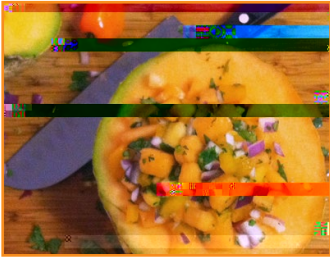


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Cantaloupe Salsa

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
- 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.

Nutrition Facts

Cantaloupe Salsa
 Serving Size: 1/4 cup
 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%