

# Melons

**Taste!**  
York Fresh Food Farms

Grown by us. Prepared by YOU.

*Melons are a good source of vitamins A and C and very hydrating!*

- **CHOLESTEROL-FREE**
- **LOW FAT**
- **LOW CALORIE**

**CHOOSE:** Look for melons that are firm and feel heavy for their size. They should not have cracks or bruises. Melons that smell a little sweet are just right. Watermelons should have a deep yellow spot.

**STORE:** Keep melons at room temperature until they are ripe. Once you cut them, put them in the fridge.

**PREPARE:** Always wash melons before slicing. Cut the melon in half lengthwise. Scoop out the seeds with a big spoon if needed. Use a sharp knife to carefully cut off the rind or scoop out the melon flesh with a spoon.

**EAT:** Cut the melon into slices or cubes for a quick snack. Add pieces to fruit salads, green salads, or nonfat yogurt.

**Smoothie:** Put chopped melon, diced cucumber, and a splash of lime juice in a blender. Add enough water to cover the ingredients. Blend the smoothie until it's smooth. Serve chilled for a refreshing drink.

**Frozen Popsicles:** Pour the smoothie into popsicle molds or plastic cups with popsicle sticks and place in freezer. Let them freeze for about three hours until they're solid.

0.2g

FAT

30

CALORIES

0.6g

PROTEIN

.4g

FIBER

7g

CARBS

\*Per 2/3 cup watermelon

## Grilled Cantaloupe

### INGREDIENTS:

- 1/2 small cantaloupe peeled and wedged
- 1 medium lime, juiced
- 2 tablespoons honey
- Kosher salt to taste
- Fresh mint, optional
- Wooden skewers

### INSTRUCTIONS:

- 1 Peel and slice the cantaloupe into large wedges. Thread the cantaloupe onto 6-8 skewers.
- 2 Oil and heat the grill.
- 3 Grill the cantaloupe until grill marks form, about 3-5 minutes. Turn once.
- 4 Remove from the grill. Squeeze on the lime juice and drizzle the honey. Finish with a sprinkle of salt.
- 5 Garnish with fresh mint, if desired.

