

CANTALOUPE

Types

There are two kinds of cantaloupe you will likely encounter.

North American: This is the most common type and is actually a muskmelon. It has a net-like skin covering and orange flesh, and is moderately sweet.

European: This cantaloupe is lightly ribbed with gray-green skin and sweet flesh.

Selection Info

Choose a cantaloupe that is fragrant and that has a cream or yellowish undertone between the netting (the pattern on the outside skin). The stem end of the melon should give to a little pressure, but the stem should not be attached to the melon. Avoid any melon with a bruised exterior.

Preparation

Cantaloupes and other summer melons are almost always eaten raw. Cantaloupe also can be grilled.

To Cut: Use a large sturdy knife to cut the melon in half lengthwise. Use a large spoon to remove the seeds and strings. Cut each half into wedges. To dice, as for a fruit salad, carefully slice the flesh from the skin and chop each wedge of flesh into desired size.

Grill: Cut cantaloupe into wedges and remove the skin. Brush each wedge with oil and place on a grill at medium heat, turning over every few minutes for 10-12 minutes.

Storage

Short-Term Storage: Whole, uncut melons will last in the refrigerator for a few weeks. Whole, uncut melons can be left on the counter for 5-15 days depending on ripeness. Once cut, you can refrigerate cantaloupe for about 5 days. Do not remove seed from the unused cut portion of cantaloupe until ready to use, because the seeds help maintain moisture.

Long-Term Storage: Cantaloupes aren't well suited for freezing or canning.



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MELON SALSA

Ingredients

- 2 cups fresh melon — honeydew, cantaloupe or watermelon (seeded and chopped, use one kind or a combination)
- 1 cup cucumber (peeled, seeded, and chopped)
- 1/4 cup onion — red or white (chopped)
- 2 tablespoons fresh cilantro or mint — optional (chopped)
- 1 jalapeño hot pepper (seeded and finely chopped) or hot sauce to taste
- 1/4 cup lime juice or lemon juice
- 1 tablespoon sugar (granulated or brown)

Directions

1. In a medium size bowl, whisk together the lime or lemon juice and sugar.
2. Add the remaining ingredients and toss to coat.
3. Taste, and then season with more sugar or lemon or lime juice, if needed.
4. Cover and chill for at least 30 minutes.



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Nutrition Information

Serving Size 1/4 Cup

Nutrients	Amount	% Daily Value
Total Calories	15	
Protein	0g	6
Carbohydrates	4g	1
Dietary Fiber	0g	0
Total Sugars	4g	
Total Fat	0g	0g
Saturated Fat	1g	5
Cholesterol	0mg	0

Minerals

Calcium	0	
Sodium	0mg	0
Iron	0	

Vitamins

Vitamin A	20	
Vitamin C	20	