

Pick a **better snack**[™] – THE COLOR WAY

CANTALOUPE

Wash. Cut. Eat. How easy is that?



The melon we refer to as cantaloupe is technically a muskmelon. True cantaloupe comes from Europe and has a hard surface that is not at all like the netted rind we know. Characteristics of a ripe cantaloupe include a rind that is golden – not dull green; reject those with slick spots. The stem end should have a slight indentation; the melon should be firm, but not rock hard. The blossom end will be slightly soft. Unless the melon is chilled, there should be a sweet, flowery smell to the melon. You may be able to improve the flavor of an uncut melon by allowing it to sit at room temperature for 2-4 days. It will not become sweeter, but it will turn softer and juicier.

SUMMER SALAD (SERVES 8)

8 ounces nonfat plain yogurt
2 Tbsp. orange juice concentrate
2 Tbsp. fresh basil, chopped or 2 teaspoons dried
1 Tablespoon honey
1 head iceberg lettuce, cut into 8 wedges
2 cups fresh strawberries
1 cantaloupe, seeded, sliced and rind removed
¼ cup toasted slivered almonds (optional)

Make dressing by whisking together yogurt, orange juice concentrate, basil and honey. To assemble salad, arrange remaining ingredients on individual plates, dividing equally. Serve dressing on the side.

COOL CANTALOUPE (YIELDS 1 SERVING)

¼ cantaloupe, seeded
½ cup lowfat vanilla yogurt
Dash cinnamon

Place yogurt into hollow section of melon. Sprinkle with cinnamon.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health website www.idph.state.ia.us/pickabettersnack or Iowa State University Extension website www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.