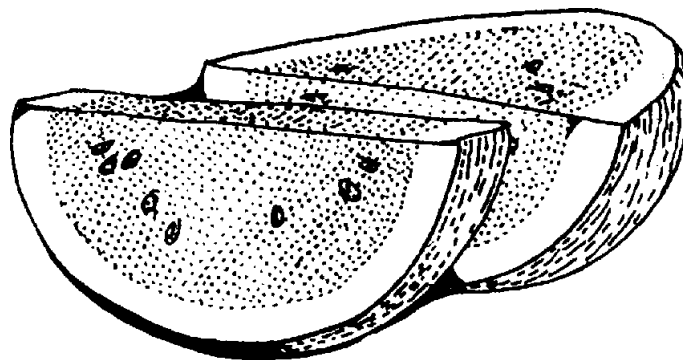


# Melons



Melons have been around for a long time. In fact, they've been around so long that the ancient Egyptians ate them!

There are two categories of melons— muskmelon and watermelon. Muskmelons can have netted skin

(cantaloupe) or smooth skin (honeydew). Watermelon also comes in different varieties and sizes. On average, a watermelon weighs 15 to 35 pounds (with 98% of that weight coming from water). In China, watermelon seeds are roasted and eaten like popcorn.

## Stuffed Cantaloupe

Makes 2 servings

### Ingredients:

- 1 cantaloupe
- 2 Tablespoons lemon or lime juice
- 1 cup nonfat plain yogurt
- 3 Tablespoons maple syrup
- 1 1/2 cups berries (leave smaller berries whole; slice larger ones)



### Directions:

1. Cut the cantaloupe in half around the equator, and scoop out the seeds.
2. Slice a small piece from each end, so the halves can stand upright.
3. Place each half on a plate, and drizzle the open surface with lemon or lime juice.
4. Combine the yogurt, maple syrup, and berries in a medium-sized bowl and stir gently.
5. Divide this mixture between the melon halves.

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## Nutrition Facts

Serving Size 1 Serving (884g)  
Servings Per Container 2

Amount Per Serving

Calories 440    Calories from Fat 10

% Daily Value\*

Total Fat 1g    2%

Saturated Fat 0g    0%

Cholesterol 0mg    0%

Sodium 230mg    10%

Total Carbohydrate 95g    32%

Dietary Fiber 10g    40%

Sugars 34g

Protein 13g

Vitamin A 240% • Vitamin C 420%

Calcium 35% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- For a sweet and well-ripened watermelon, choose one with a dull surface and an underside that is creamy yellow.
- Melon will last the longest if stored in the refrigerator. The problem is fitting them in!

## Melon Salad with Figs

Serves 4

### Ingredients:

- 1 1/2 cups plain nonfat yogurt
- 2 Tablespoons honey
- 1 Tablespoon lime juice
- 8 dried figs, quartered (32 pieces)
- 1 honeydew melon, peeled, seeded, and sliced into bite-sized pieces
- 4 teaspoons fresh mint leaves, chopped
- 1/4 cup walnuts, chopped



### Directions:

1. Combine yogurt, honey, and lime juice in a small bowl. Cover and refrigerate until serving time.
2. Place 8 fig quarters in the center of each of 4 individual plates. Arrange melon around the figs.
3. Just when you are ready to serve, spoon the yogurt dressing over the fruit. Sprinkle each plate with the mint and walnuts.

*Source: "Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining" by Jane Brody. Copyright 1990 by Jane E. Brody. Used by permission of W.W. Norton & Company, Inc.*

## Nutrition Facts

Serving Size 1 Serving (384g)  
Servings Per Container 4

Amount Per Serving

**Calories** 490    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g    **9 %**

Saturated Fat 0.5g    **3 %**

**Cholesterol** 0mg    **0 %**

**Sodium** 100mg    **4 %**

**Total Carbohydrate** 99g    **33 %**

Dietary Fiber 11g    **44 %**

Sugars 91g

**Protein** 11g

Vitamin A 4%    • Vitamin C 80%

Calcium 35%    • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet.

*Changes in the ingredients and directions have been made for printing in this cookbook. UVM Extension is responsible for all changes that have been made to this recipe.*