

# Cantaloupe

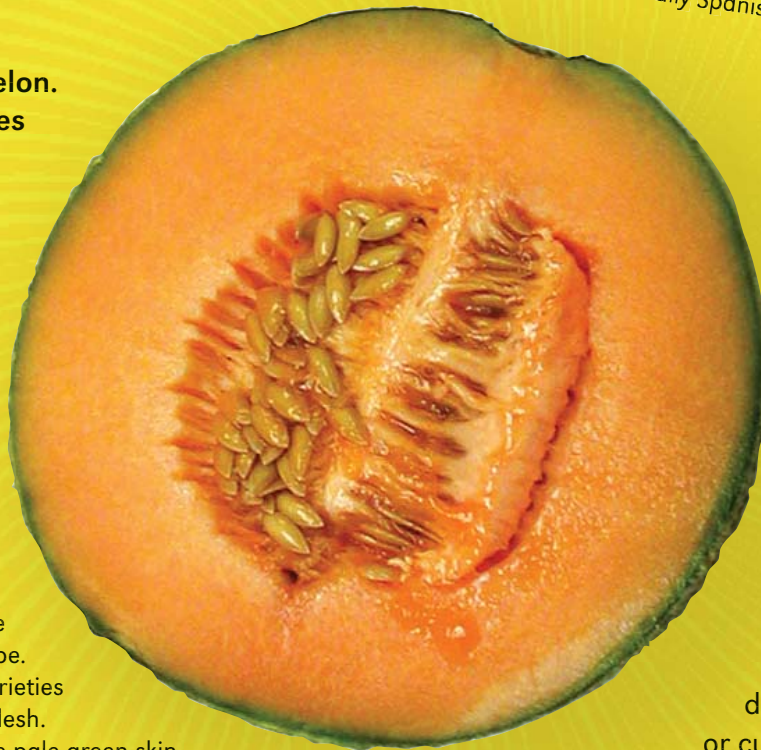
In the United States, cantaloupe are commonly called muskmelon.

Muskmelon are round with a light-brown rind (thick skin) and orange flesh. The rind is not eaten. The center has seeds which need to be scooped out before eating.

**Cantaloupe are fruit which grow on vines.**

Many melons originated in the Middle East. Ancient Egyptians and Romans enjoyed cantaloupe. Melon seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California.

Cantaloupe are a melon. Other melons includes honeydew and watermelon. Melons are in the same gourd family as squash and cucumbers.



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium
- High in vitamin A

## VARIETIES

In the United States, the most popular variety is the North American cantaloupe. There are less common varieties which have red or yellow flesh. European cantaloupe have pale green skin.

## USES

Cantaloupe is delicious raw. It is usually sliced or cut into chunks. Add cantaloupe to fruit salads, fruit soups or salsa. Serve as a dessert with some ice cream and chocolate sauce.



**Cantaloupe Fruit Salad**  
Preparation time: 15 minutes  
Number of servings: 8  
Cups of fruits or vegetables per serving: 2



- 2 cantaloupe, rind and seeds removed
- 1 pineapple, cored, peeled, cut in small chunks
- 1 c. walnuts, finely chopped
- 1 apple, diced
- 4 c. vanilla low-fat yogurt

1. Cut cantaloupe into small chunks. Place in a large bowl.
2. Add pineapple, walnuts, and apple to cantaloupe. Mix well.
3. Spoon  $\frac{1}{2}$  cup yogurt into a bowl. Top with fruit. Stir to coat fruit.

Nutrition Information per Serving: Calories 250, Total Fat 12 g (18% DV), Saturated Fat 2 g (10% DV), Cholesterol 10 mg (3% DV), Sodium 105 mg (4% DV), Total Carbohydrate 30 g (10% DV), Dietary Fiber 3 g (12% DV), Sugars 24 g, Protein 9 g, Vitamin A 100%, Vitamin C 100%, Calcium 20%, Iron 4%.

**Southwestern Cantaloupe Salad**  
Preparation time: 10 minutes  
Number of servings: 4  
Cups of fruits or vegetables per serving: 0.5



- $\frac{1}{2}$  c. cantaloupe, thinly sliced
- $\frac{1}{2}$  c. jicama, peeled and thinly sliced
- $\frac{1}{4}$  c. red bell pepper, roasted, sliced
- $\frac{1}{4}$  c. yellow bell pepper, roasted, sliced
- 1 T. fresh basil, chopped
- 2 T. fat-free Italian salad dressing

1. In a medium bowl, combine cantaloupe, jicama, red and yellow bell peppers, and basil.
2. Add salad dressing. Mix well.

Nutrition Information per Serving: Calories 45, Total Fat 3 g (4% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 10 mg (0% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 1 g (4% DV), Sugars 1 g, Protein 1 g, Vitamin A 25%, Vitamin C 110%, Calcium 0%, Iron 2%.