

# Cantaloupe

Excellent source of Vitamins C and A



## **Spinach Cantaloupe Salad with Mint**

4 cups spinach leaves  
1 cup sliced cantaloupe  
1 cup sliced avocado  
½ cup diced red bell pepper  
2 T. chopped fresh mint leaves

1 T. mint apple jelly  
1 ½ tsp. white wine vinegar  
3 T. vegetable oil  
1 clove garlic, minced

Divide spinach between 2 serving plates. Arrange half of the cantaloupe and half of the avocado in a circular pattern over the spinach on each plate. Sprinkle with diced red pepper and fresh mint. Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serves 2.

## **Prosciutto, Melon, and Mozzarella**

¼ pound thinly sliced prosciutto  
1 cantaloupe or honeydew melon, or ½ of each  
A lemon or lime for squeezing

8 oz. container fresh cherry-size mozzarella  
cheese, each ball cut in half  
Party toothpicks or bamboo skewers

Cut the melon in half and remove the seeds. Using a melon baller, scoop up the melon into small balls. Place melon balls in a bowl and sprinkle lemon or lime juice all over them. Take a small strip of prosciutto and wrap it around a melon ball. Pierce through with a toothpick and add a piece of mozzarella if desired. Repeat for all melon balls. Arrange on a platter. Makes 30 pieces.

## **Cantaloupe - Blueberry Salad**

2 cups cantaloupe, cubed  
2 cups blueberries  
1 cup cucumber, halved, seeded, and thinly sliced  
¼ cup red onions, slivered  
¼ cup chopped fresh mint

Salt and pepper to taste  
¼ cup fresh lime juice  
2 T. honey  
1 tsp. jalapeno, seeded and minced  
Pinch of salt

Toss melon, berries, cucumber, onions, mint and seasonings together in a large bowl. Whisk limed juice, honey, jalapeno, and salt together. Drizzle over the fruit and toss to coat. For the best flavor, serve salad at room temperature. Makes about 5 cups.

Option: Strawberries make a good substitute for blueberries.

## **Skewered Cantaloupe**

1 cantaloupe - peeled, seeded, and cubed  
¼ cup butter

½ cup honey  
1/3 cup chopped fresh mint leaves

Preheat grill for medium heat. Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter with honey until melted. Stir in mint. Brush cantaloupe with honey mixture. Lightly oil grate. Grill skewers 4 to 6 minutes, turning to brown all sides. Serve with remaining sauce. Makes 4-6 skewer servings.

## **Dehydrated Cantaloupe**

Preheat oven to the warm setting (185° F). Place a Silpat silicone mat on a baking sheet. Wash the cantaloupe, and use a spoon to remove the seeds. With a large knife, make thin slices, cut off the skin, and place it on the pan. Continue until the pan is full, trying not to overlap pieces. Put the cantaloupe in the oven, and bake for two to three hours, flipping them over every 45 minutes or until they're dry. Avoid cooking too long, or you'll end up with cantaloupe chips!

## **Sweet and Spicy Grilled Cantaloupe**

1 very ripe cantaloupe  
Smoked paprika  
Honey

Slice cantaloupe in 1/2" pieces. Sprinkle each side liberally with smoked paprika (not regular paprika). Preheat grill to medium-high. Grill cantaloupe slices 5-7 minutes per side. Remove from grill. Drizzle with honey. If grilling other foods, cook cantaloupe last.

## **Cantaloupe Salad**

1 medium cantaloupe, peeled, seeded, cut into 1" cubes	¼ cup white balsamic or white wine vinegar
½ red onion, sliced into very thin rings	¼ cup honey
1/3 cup fresh mint, chopped	½ tsp. salt
¼ cup olive oil	¼ tsp. black pepper

In a large bowl, combine cantaloupe, onion and mint. 2. In a separate bowl, whisk together olive oil, vinegar, honey, salt and pepper. Pour over melon, onion and mint. 3. Toss gently until well blended. Eat immediately or refrigerate. Makes 4-6 servings.

## **Cantaloupe Popsicles**

1/2 cantaloupe, halved, seeded, peeled and diced	2 T. sugar
1/3 cup heavy cream	

Combine cantaloupe, heavy cream and sugar in a blender until smooth. Scoop mixture evenly into popsicle molds. Add popsicle sticks to center of each cup. Place into freezer until fully frozen, at least 4 hours. Makes 6 popsicles.

## **Cucumber Melon Fruit Salad**

5 mini cucumbers	Dressing:
3 cups seedless watermelon, cubed	¼ c. white vinegar
3 cups cantaloupe, cubed	Juice of 1 lime (about ¼ c.)
2 green onions, chopped	Grated peel of 1 lime (about 2 tsp.)
	2 T. vegetable oil
	1 T. grated fresh ginger root
	2 cloves of garlic, minced
	½ tsp. salt
	½ tsp. pepper

In a large bowl, combine the salad ingredients; toss to incorporate. In a small bowl, whisk together the dressing ingredients (vinegar, lime juice and peel, oil, ginger, garlic, salt and pepper). Pour dressing over the melon mixture and toss to coat. Serve right away. Store any leftovers in an airtight container for up to 3 days. Makes 6 servings.