

Taste Test: Cantaloupe



Cantaloupe is a delicious summer melon with a rough, cream-colored, inedible outside rind and a juicy orange edible flesh. The fruit grows on vines on the ground and it is related to the watermelon, squash and pumpkin. The inside has a hollow cavity that contains small, white seeds. Cantaloupes are grown in Turkey, Iran, and the United States.

Food Fact

Cantaloupe is high in vitamin C, a source of potassium and folate. Cantaloupes are also high in beta-carotene, the same antioxidant found in carrots.

How to Choose:

- If you're picking from sliced cantaloupe, pick slices that have a bright orange flesh.
- If you're picking from a whole cantaloupe, pick one that is heavy for its size, and has a smooth, yellow or cream-coloured rind.
- TIP: Tap the cantaloupe with the palm of your hand. If it sounds hollow, it is ripe.

How to Prepare:

- Slice the cantaloupe in half and scoop out the cluster of stringy fruit and seeds in the centre.
- The flesh can be sliced, cubed, or scooped into balls.

How to Store:

- Keep unsliced cantaloupe at room temperature.
- Keep sliced cantaloupe in the fridge for about 1 week.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try cantaloupe again?

YES NO

Ideas for Serving Cantaloupe:

- Cantaloupe makes a delicious addition to any fruit salad.
- Cut a cantaloupe in half, scoop out the seeds and fill the hollow cavity with low fat cottage cheese or vanilla yogurt for a quick healthy snack or breakfast.
- Wrap a slice of cantaloupe with turkey or lean ham for a snack or appetizer.
- Make fruit kebabs with bite-sized pieces of watermelon, cantaloupe, kiwi, and grapes.

Cantaloupe Salad with Lime and Mint

Makes 2 servings

Ingredients:

- 4 cups fresh spinach
- 1 cup sliced cantaloupe
- 1 cup cubed avocado
- ½ cup diced red bell pepper
- 2 Tbsp chopped fresh mint



Suggested dressing:

- 1 Tbsp mint apple jelly
- 1 ½ tsp white wine vinegar
- 3 Tbsp vegetable oil
- 1 clove of garlic, minced

Directions:

1. 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.
2. Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serve.

Recipe from <https://allrecipes.com/recipe/spinach-cantaloupe-salad-with-mint/detail.aspx>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca