



Cantaloupe Tips

- Choose melons heavy for their size, with no visible bruises.
- Ripe cantaloupes are golden, not green, underneath the webbed surface.
- Ripe melons will yield to slight pressure at the blossom end and have a fruity fragrance. The skin should feel springy, not mushy.
- Store uncut cantaloupes at room temperature for up to one week. Melons will continue to ripen, becoming softer and juicier, but not sweeter, at room temperature.
- Wash melons in warm water before cutting them to rid the rind of any impurities that might be carried from the knife blade to the flesh. Cut the melon in half and scoop out the seeds and strings.
- Refrigerate cut melon in an airtight container for up to five days.
- Cantaloupe contains no fat, saturated fat or cholesterol. It is very low in sodium and high in vitamins A and C, fiber and folacin.

Melon and Banana with Zippy Dressing

Yield: 8 Servings

Time: 10 Minutes

Ingredients

- 4 cups banana, sliced
- 4 cups cantaloupe, cubed
- 1 medium avocado, sliced and peeled
- Romaine lettuce
- $\frac{1}{3}$ cup sugar
- 1 tablespoon vegetable oil
- $\frac{1}{3}$ cup lemon juice
- $\frac{1}{4}$ cup water
- 1 teaspoon celery seeds
- 1 teaspoon dry mustard

Instructions

1. Arrange $\frac{1}{2}$ cup sliced banana, $\frac{1}{2}$ cup cantaloupe and $\frac{1}{8}$ avocado on each of 8 salad plates lined with lettuce leaves.
2. Place sugar and next 5 ingredients in a small bowl and whisk until well blended.
3. Drizzle 2 tablespoons of dressing over each salad.



Source: <https://extension.umaine.edu/publications/4264e/>



Cantaloupe Cooler

Yield: 8 Servings

Time: 10 Minutes

Ingredients

- 1 ripe cantaloupe, cubed
- 2 ½ cups orange juice, divided (cold)
- 2 tablespoons sugar
- Crushed ice

Instructions

1. Wash hands with soap and water.
2. In a blender or food processor, blend melon cubes with ½ cup orange juice until smooth.
3. Pour purée into a pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Tip: For a new twist, try other melons or strawberries in place of the cantaloupe.



Source: <https://www.myplate.gov/recipes/cantaloupe-cooler>



Cherry Melon Grape Salad

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- ½ cup sweet cherries, pitted and cut in half
- 1 cup cubed cantaloupe
- 1 cup seedless green grapes, cut in half
- 1 medium banana, peeled and sliced
- ¼ cup orange juice
- ¼ cup flaked coconut (optional)

Instructions

1. Wash hands with soap and water.
2. In a large bowl, mix the cut fruit.
3. Pour orange juice over fruit; stir in coconut, if desired.

Tip: Try using different types of melon or grapes.

Source: <https://www.myplate.gov/recipes/cherry-melon-grape-salad>





Pear Yogurt Bark

Yield: 4-6 Servings

Time: 3 hours

Ingredients

- 1 pear
- 1 ½ cup flavored Greek yogurt*
- ½ cup blueberries
- ½ cup granola

*If using plain, unsweetened Greek yogurt, we recommend flavoring with 1 teaspoon of vanilla and 2 to 3 tablespoons of maple syrup or honey.

Source: <https://www.calpear.com/pear-yogurt-bark/>

Instructions

1. Wash and thinly slice the pear.
2. Line a baking sheet with parchment paper and spread a layer of yogurt onto the paper with a spatula.
3. Place pear slices evenly on top of yogurt.
4. Top with berries and granola.
5. Freeze 2 to 3 hours or until solid, then break or cut into large pieces.
6. Store in a freezer-safe container or bag for up to 1 month.





Pear Party Salsa

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 1 pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwifruits, cored and finely chopped
- 1 orange, peeled and finely chopped
- 2 tablespoons honey
- 1 teaspoon lemon juice
- Cinnamon graham crackers for serving (optional)

Source: <https://www.myplate.gov/recipes/pear-party-salsa>



Instructions

1. Wash hands with soap and water.
2. Combine pear, apple, kiwifruit and orange in a medium-sized bowl.
3. Pour honey and lemon juice over fruit and gently toss.
4. Scoop up bites of fruit salsa with cinnamon graham crackers, if desired.

Tip: Frozen or canned fruit (such as pears) can be substituted for fresh.



Tomato and Garlic Baked Stuffed Potatoes



Yield: 6 Servings

Time: 2 hours

Ingredients

- 8 extra-large baking potatoes, scrubbed
- 1 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 large onion, chopped
- 6 cloves garlic, minced
- 2 large tomatoes, cored, seeded and cut into bite-size chunks
- 1 tablespoons red wine vinegar
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup freshly grated Parmesan cheese
- Salt and freshly ground pepper to taste

Instructions

1. Bake potatoes until the flesh is tender. Slice lengthwise and cool briefly. When they're cool enough to handle, spoon the flesh into a bowl, leaving a thick enough potato skin to support the filling. Reserve the 6 sturdiest skins.
2. Heat olive oil and butter in a medium-size skillet. Add onion and sauté over medium heat, stirring for 10 to 12 minutes, until the onion is golden brown. Stir in garlic and sauté for another minute; remove from the heat and scrape into a bowl.
3. Put skillet back on the heat. Add tomatoes and sauté for 1 to 2 minutes over medium heat, just until they start to soften. Stir in vinegar and cook for a few more seconds; transfer to the bowl with onions. Preheat the oven to 400 F.
4. Using a potato masher, mash the potato flesh with sour cream, leaving it a little on the chunky side. Add Parmesan cheese, then fold in reserved tomato mixture. Salt and pepper the stuffing to taste, then pack it into the reserved skins, dividing it equally.
5. Bake for about 25 to 30 minutes, until heated through. Serve hot.

Source: <https://www.floridatomatoes.org/recipes/tomato-and-garlic-baked-stuffed-potatoes/>



Tomato Parmesan Corn Bread



Yield: 8 Servings

Time: 45 Minutes

Ingredients

- 1 large tomato, diced
- 4 tablespoons unsalted butter
- 1 cup yellow cornmeal
- 1 cup unbleached all-purpose flour
- ½ cup freshly grated Parmesan cheese
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 large eggs, slightly beaten
- 1 cup milk
- ¼ cup plain yogurt

Source: <https://www.floridatomatoes.org/recipes/tomato-parmesan-corn-bread/>

Instructions

1. Gently melt the butter in a 10-inch cast-iron skillet* and remove from heat. Preheat the oven to 400 F.
2. In a large bowl, mix together all dry ingredients. In a separate bowl, blend the eggs, milk and yogurt. Pour the melted butter into the liquid, leaving a heavy coating of butter in the pan.
3. Make a well in the dry mixture and add the liquid mixture. Stir briskly to blend, then fold in the diced tomato. Turn the batter into the buttered cast iron skillet and bake for 25 minutes, until the surface is light golden. The top should resist gentle finger pressure. Let stand for 5 minutes, then slice and serve.

Tip: Cast iron is necessary since the skillet will go into the oven.

Melon Compote

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 1 ½ cups cantaloupe, cubed
- 1 ½ cups watermelon, cubed
- ½ cup unsweetened apple juice
- 1 tablespoon mint, finely chopped (optional)
- ½ teaspoon orange rind, grated
- 2 kiwifruits, peeled and sliced

Instructions

1. Combine cantaloupe and watermelon cubes in a medium bowl.
2. Mix apple juice, mint and orange rind separately. Pour over melon cubes and toss. Cover and chill 30 minutes.
3. Add kiwifruit and toss before serving. Garnish with fresh mint leaves, if desired.

Source: <https://extension.umaine.edu/publications/4264e/>



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