

# Cantaloupe

It is no wonder that the cantaloupe with its refreshingly rich flavor and aroma and minimal number of calories is the most popular variety of melon in the United States. Although they have become increasingly available throughout the year, their season runs from **June through August** when they are at their best.

Excellent source of Vitamin A



## Recipe

### Southwestern Cantaloupe Salad

#### Recipe Summary:

Prep Time: 10 mins

# of Servings: 4

#### Ingredients:

- 4 oz. ripe cantaloupe, thinly sliced
- 4 oz. jicama, peeled and sliced
- 3 oz. red bell pepper, roasted & sliced
- 3 oz. yellow bell pepper, roasted & sliced
- 1 Tbsp. chopped fresh basil
- 2 Tbsp. fat-free Italian Dressing

#### Directions:

Combine cantaloupe, jicama, peppers, basil and dressing. Mix well. Serve chilled, in hollow cantaloupe base, if desired.

#### *Nutrition Information for 1/4 of salad:*

Calories: 35, Fat: 0g, Cholesterol: 0g, Sodium: 85mg, Carbohydrate: 8g, Fiber: 2g, Protein: 1g

