

Cantaloupe

Cantaloupe or muskmelon has a hard tan bumpy skin with a web like pattern and the inside flesh is sweet, soft and orange. The name comes from the word “Cantalupo”, an Italian village. Cantaloupes are part of the vine-crop family which includes melons, squash, cucumbers and pumpkins. Their trailing vines can grow up to 5 feet. Bees have to visit each melon 10-15 times to properly pollinate them. It is the most popular variety of melons in the United States. Cantaloupes are a luxury in Japan and given as gifts. Australians call them rockmelon. Cantaloupes are full of Vitamin A which helps healthy eyes and Vitamin C which boosts immune system.

What do you call a talking cantaloupe?

One in a melon.



Savory Grilled Cantaloupe Skewers

When sweet things caramelize on a hot grill, savory flavors shine.

Ingredients

- 1 California cantaloupe, washed, peeled, seeded and cut into one-inch cubes
- 1 red onion cut into half-inch-wide wedges
- 2 boneless, skinless chicken breasts, cut 1" cubes
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper



Directions

Preheat grill or grill pan.

While grill is heating, thread chunks of melon, onion, and chicken onto skewers.

Brush with olive oil, sprinkle with salt and pepper.

Grill skewers over medium heat for 15-20 minutes, rotating occasionally, until chicken is cooked through and onion and melon are golden brown.

Serves 4.

Nutrition Facts

Servings per container ½ cup cantaloupe,
Serving size cubed (80 g)

Amount per serving **27**
Calories

% Daily Value*

Total Fat 0 g **0%**

 Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 13 mg **1%**

Total Carbohydrate 7 g **2%**

 Dietary Fiber 1 g **3%**

 Total Sugars 6 g

 Includes 0 g Added Sugars **0%**

Protein 1 g

Vitamin D 0 mcg 0%

Calcium 7 mg 1%

Iron <1 mg 1%

Potassium 214 mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.