

MELONS



TRY THIS

- Add melon to salsas or cold soups like gazpacho.
- Make a slush with melons, ice cubes, and a little honey.*
- Top sliced melon with a little hard or dry crumbly cheese (Cotija, feta, bleu, Gouda, Parmesan, Irish cheddar, etc.), chopped nuts, and a drizzle of citrus juice or vinaigrette.

*Avoid giving honey to infants under 1 year of age.

BUYING AND STORING

- Select melons that smell fresh, feel heavy, sound hollow when tapped, and have dull skin with no bruising, soft spots, or cracks.
- Store whole melons at room temperature until ripe. Once ripe, store whole in the refrigerator up to 14 days. Store cut melon in the refrigerator covered tightly with plastic wrap or in a container up three days.
- Wash the outside of melons under cool running water and scrub with a produce brush before cutting.

SPICY GRILLED WATERMELON

Time: 20 minutes | Makes: 10–12 servings | Serving Size: 1–2 wedges

Nutrition Information Per Serving: Calories 166, Carbohydrate 42g, Dietary Fiber 2g, Protein 3g, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 67mg


INGREDIENTS

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| 1 medium-size seedless watermelon, scrubbed and rinsed | ¼ teaspoon dark chili powder |
| ¼ cup honey* | ½ teaspoon cumin |
| 4 limes, juiced | ¼ teaspoon kosher salt |
| ¼ teaspoon cayenne pepper | ½ cup fresh mint, chopped |
| | 1 tablespoon lime zest (optional) |

*Avoid giving honey to infants under 1 year of age.

INSTRUCTIONS

1. Spray grill racks with nonstick cooking spray, then preheat grill.
2. Cut watermelon into thick slices, about 1½- to 2-inches thick.
3. In a small bowl, whisk together honey, lime juice, cayenne pepper, chili powder, cumin, and salt.
4. Brush watermelon slices on both sides with honey spice mixture.
5. Place watermelon on grill and cook until grill marks develop, flipping once, about 2 minutes per side.
6. Remove from grill. Garnish with chopped mint and lime zest (optional). Serve immediately



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Make with cantaloupe, honeydew melon, peaches, or plums.
- Top with fresh grilled corn kernels, chopped bell peppers and red onion, and a squeeze of lime juice.
- Use the honey spice mixture on vegetables, fish, or poultry.