Melons

The taste and fragrance of a cool, juicy slice of fresh melon in the summer just can't be beat. Melons have been a favorite fruit for many centuries. They appear in Egyptian tomb paintings dated to 2400 B.C., and they are mentioned in the writings of the early Greeks and Romans. Mark Twain called watermelon “the food that angels eat”.

Nutrition Information

- Low in sodium
- Low in calories
- Good source of vitamin A

Uses and Preparation

Watermelon, honeydew, and cantaloupe are excellent cut up in salads, as a dessert, or alone as a cool, refreshing snack anytime.

Save space and cooling time in the refrigerator, cut up the melon and cover tightly with plastic wrap.

Recipes

**Melon Salad**

Arrange balls or slices of watermelon, cantaloupe, or honeydew melon, alone or in combination, on lettuce. Serve with French dressing.

Diced apples, diced pears, nuts, and chopped celery may be added for variety.

**Chicken & Watermelon Salad**

5 chicken breasts, boned, skinned, cooked and cubed
3 cups watermelon, cubed
3 cups pears, cored and cubed
½ pound sliced mushrooms
½ pint low-calorie Italian dressing

Combine all ingredients, toss gently. Refrigerate one hour, stirring occasionally. Serve on a bed of lettuce.