

~Honeydew~

Summertime Cooler

Honeydew smoothies

2 cups honeydew melon, cubed
1 cup vanilla low-fat yogurt
2 tablespoons apple juice from frozen concentrate

Ice
Honeydew melon slices, for garnish (optional)

In a blender, combine melon, yogurt, and apple juice concentrate. Blend until smooth. With blender running, add ice until frothy.

Pour into 2 (16-ounce) glasses and garnish with sliced melon.

Yield: 2 servings

Tropical Fruit Salad

3-4 cups cubed melon such as honeydew, cantaloupe, and/or watermelon
1 cup sliced banana
1 cup cubed fresh mango
1 cup orange juice

Toss together the melon, banana, and mango in a large bowl. Pour orange juice over mixture and stir gently to coat all fruit with juice. Serve immediately.

Yield: 6 servings

Emerald Salad

2 cups cubed honeydew
2 cups halved green grapes
3 medium tart green apples, cubed
3 kiwifruit, peeled, sliced and quartered
¼ cup mint leaves, chopped

1 cup reduced-fat plain yogurt
3 tablespoons powdered sugar
3 tablespoons orange juice
½ teaspoon grated orange peel

In a large bowl, combine the fruit and mint. In a small bowl, combine the yogurt, sugar, orange juice and orange peel. Plate fruit and spoon a dollop of yogurt mixture over fruit; serve immediately.

Yield: 6 servings

Do you ever have a craving for something sweet, but you are trying to eat healthy?

Honeydew is the perfect treat! It is the sweetest of all melons and only has 64 calories in 1 cup! Compare that to your average king sized candy bar at 271 calories!

Honeydew is also a great source of vitamin C, coming in at 53% of your daily needs per serving. Enjoy this green beauty for a low calorie sweet treat sure to satisfy any sweet tooth!

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FOOD\$ENSE
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Chilled Honeydew Soup

3 cups cubed honeydew
½ cup white grape juice
1 tablespoon sugar

In a blender, combine all ingredients; cover and process until smooth. Transfer to a bowl. Cover and refrigerate until chilled

Honeydew and Lime Popsicles

¼ cup granulated sugar
¼ cup water
1 ripe honeydew melon, peeled, seeded, and cubed (4 cups)
⅔ cup fresh lime juice
6 to 10 popsicle molds and sticks

Make a sugar syrup by combining sugar and water in small, heavy saucepan and heating over medium-low heat. Allow syrup cool. Blend half of melon and half of lime juice in a blender until smooth. Add syrup and remaining melon and lime juice and purée until smooth. Pour mixture into molds and freeze until slushy, about 2 hours.

Insert sticks into molds, then freeze until completely hardened, at least 6 hours.

Note: Don't have popsicle molds? Use an empty ice tray and toothpicks instead.

**To select honeydew, simply remember the three “S's” –
*sight, smell, and strength.***

Sight: When ripe the rind will be creamy white or pale green in color.

Smell: If it is ripe you will smell a sweet melon aroma.

Strength: The should feel heavy for its size.

* An unripe melon will ripen if left on the kitchen counter for a few days.

Wash the outside rind of the melon really well before cutting it. The rind may carry bacteria and when cut, the knife will carry the bacteria from the rind to the flesh of the melon.

An easy way to cut a melon is to cut it in half through the equator, scoop out the seeds, cut off the stem or blossom end, then lie the melon flat on the cutting board to make a dome. Now carve off the rind. Once the rind is off, you can slice or cube the melon depending on what you are doing with it.

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