

September Fruit of the Month: Cantaloupe

Cantaloupe Salsa



Ingredients (serves 12):

- 2 cups cantaloupe (seeded and chopped)
- 1 cup cucumber (peeled, seeded and chopped)
- 1/4 cup onion, red or white (chopped)
- cilantro or mint, fresh (2 tablespoon, chopped, optional)
- 1/2 jalapeño (seeded and finely chopped)
- 1/4 cup lime juice or lemon juice

Directions:

1. Wash hands with soap and water.
2. In a medium size bowl, stir together all ingredients.
3. Taste and season with more lemon or lime juice if needed.
4. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Source:

Montana State University Extension Service
Nutrition Education Program

Fun Facts:

- Even though cantaloupe has a rind, it should still be washed before cutting because it grows on the ground and can carry bacteria.
- A perfectly ripe cantaloupe will be yellow and not green, under its webbed surface. The stem should be slightly indented and the opposite side slightly soft.
- Cantaloupe is in the same family as melon and cucumbers.
- Cantaloupe is a great source of vitamin C, potassium, and the orange flesh is a great source of beta carotene, which provides vitamin A.

extension.colostate.edu/docs/pubs/foodnut/cantaloupecard.pdf

<https://extension.umaine.edu/publications/4264e/>