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Fruit of the Month
December 2016:
Melon

A 1/2 cup of melon such as cantaloupe, casaba, or honeydew is an excellent source of vitamin C. They are also an excellent source of Vitamin A carotenoids. These are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals.

**Look out for this yummy fruit currently being served at the residential restaurants here at UCR!**

### How to eat Melon:

- Slice and eat melons as a snack or side dish at meals.
- Make a tasty smoothie with cubed melon, non-fat yogurt, frozen strawberries and a banana.
- Make melon kabobs with cubed cantaloupe, honeydew and other fruit.

### Grilled Fruit

**Provided by:**
UCR’s Executive Chef Reeves

**Ingredients:**
- 1 whole melon sliced (watermelon, cantaloupe, honeydew, etc.)
- 1/2 tbsp. olive oil
- Pinch of sea salt
- 1 tbsp. agave
- Fresh mint
- **Optional:** Tajin spice and fresh lime juice

**Directions:**
Slice the melon into wedges. Drizzle with olive oil, salt and agave. Grilled the sliced melon. Allow to cool and garnish with fresh mint.

**Nutrition Facts:**
Calories 78 calories, 15g carbohydrate, 1g fiber, 14g sugar, 2g fat, 0g saturated fat, 0mg cholesterol, 61mg sodium.

### Shopper’s Tips

- Choose melons that are heavy for their size and sound hallow when tapped on the rind.
- Store ripe, whole melons on the counter or in the refrigerator for up to two days.
Broccolini is similar to broccoli but with smaller florets and longer, thinner stalks. This hybrid vegetable was recently created in 1993.

Broccolini has a less bitter taste than regular broccoli, its more mild with a sweet, earthy taste. It tastes best when cooked and it can be sautéed, steamed, roasted and grilled.

Broccolini is high in vitamin C and also contains vitamin A, calcium, vitamin E, folate, iron and potassium.

**Look out for this yummy vegetable currently being served at the residential restaurants here at UCR!**

**Charred Broccolini**

*Provided by: UCR's Executive Chef Reeves*

**Servings:** 4  
**Ingredients:**  
- 2 bunches broccolini  
- 1 tbsp. olive oil  
- 1 tbsp. garlic, diced  
- 1/2 tbsp. Grill Mate Mesquite seasoning  
- Salt to taste

**Directions:**  
Marinate the whole stemmed broccolini in blended oil, salt, Grill Mate Mesquite seasoning and garlic. Toss it well in a mixing bowl and then grill it on the char broiler for approximately 3-5 minutes, or until slightly charred.

**Nutrition Facts per serving:**  
85 calories, 4g protein, 11g carbohydrate, 4g fiber, 4g fat, 0mg cholesterol, 51mg sodium

**How to eat Broccolini:**

- Blanch the broccolini, chop it and sauté with olive oil, dried red pepper flakes and garlic.
- Add roasted broccolini to a quinoa salad for extra flavor, color and fiber.
- Broccolini makes an excellent companion to tofu. Make a tofu and broccolini stir fry soy sauce and topped with toasted sesame seeds.

**Shopper’s Tips**

- Look for broccolini that has fresh bases (not dried out) and firm stems.  
- Make sure the heads are not flowering.  
- Refrigerate broccolini in a tightly sealed plastic bag.