Fruit of the Month: Cantaloupe

October 2017

How to eat Cantaloupe:

- Fresh sliced cantaloupe is a great healthy snack. Cut into cubes or slices. Click here for a easy technique to cut a melon.

- Add fresh melon to your smoothie. Make a tropical smoothie with melon, papaya, frozen pineapple, orange juice and lime zest.

- Add cubed melon to a fruit salad, it can even be added to savory dishes like pasta salad or chicken salad.

The cantaloupe we typically find in grocery stores is actually a muskmelon. They are a member of the cucurbit family of plants that include cucumbers, pumpkins, squashes and gourds. When purchasing a cantaloupe choose one that is heavier for its size, when you tap the cantaloupe it should make a dull and deep sound and when you gently press on the stem end you should feel a slight give.

One cup of cubed cantaloupe has 53 calories, 1.4 grams of fiber and 416.5 milligrams of potassium. Cantaloupe is an excellent source of vitamin C and A, it is a good source of potassium, B vitamins, folate, vitamin K, and magnesium. Cantaloupe contains a variety of carotenoids and flavonoids that have antioxidant and anti-inflammatory benefits.

Tomato and Cantaloupe Salad
Makes: 4 servings

Ingredients:
3 cups cantaloupe, cubed
½ cup sliced cucumber
½ cup cherry tomatoes, halved
¼ cup red onion, sliced
1 tbsp. olive oil
2 tsp. apple cider vinegar
3 tbsp. lime juice
1 tbsp. maple syrup
Salt and pepper to taste
Fresh mint

Directions:
Add all of the fruit and veggies to a large bowl. In a smaller bowl whisk together the olive oil, vinegar, lime juice, maple syrup, salt and pepper. Drizzle dressing over salad and toss to coat. Top with fresh mint and serve.

Nutrition Facts:
95 calories, 1g protein, 16g carbohydrate, 2g fiber, 14g sugar, 4g fat, 1g saturated fat, 0mg cholesterol, 22mg sodium.

For questions, please contact Nicole Collins, MPH, RD at Nicole.collins@ucr.edu or 951-827-5082
Swiss Chard comes in many colors and its many color varieties correspond to the phytonutrients it contains. The most common varieties in stores include ruby chard and rhubarb red chard.

Swiss Chard and Chickpeas

Makes: 6 servings

**Ingredients:**
- 1 tbsp. olive oil
- 2 bunches swiss chard
- 2 medium shallots, finely chopped
- 6 garlic cloves, minced
- 1 (15 ounce) can chickpeas, rinsed and drained
- 2 tbsp. lemon juice
- Salt and pepper to taste
- Optional: ½ cup crumbled feta

**Directions:**
Heat 1 tablespoon of olive oil over medium heat. Add the chard and begin to cook. Next add the garlic and shallot. Add the chickpeas and cook until heated through. Drizzle with the lemon juice and season with salt and pepper to taste.

**Nutrition Facts:**
131 calories, 6g protein, 20g carbohydrate, 5g fiber, 5g sugar, 4g fat, 0g saturated fat, 0mg cholesterol, 172mg sodium.

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How to eat Swiss Chard:

- Add chard to soups, pasta and stir fry, it’s a tougher green so it holds up well when cooked.
- The flavor is milder than kale, so it can even be used instead of lettuce in sandwiches or with other greens in salads.
- Don’t forget to eat the stem as well! Chop up and cook until softened. Add to soups and stir fry.