

Ingredients:

1/2 cup of strawberries, sliced
1/2 cup of blueberries
1/2 cup of apples, chopped
1 cantaloupe
4 Tablespoons of fat-free whipped topping

Stuffed Melon

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Directions:

1. Wash hands with warm water and soap. Wash fresh fruit before preparing.
2. Wash strawberries, blueberries, and apples, cut into small pieces. Put fruit in medium sized bowl, mix together and set aside.
3. Cut cantaloupe in half and remove seeds from both halves. Once seeds are removed, cut each half of cantaloupe into two pieces.
4. Put each piece of cantaloupe on its own small plate, slice from rind and into chunks but leave on plate
5. Scoop mixed fruit onto each hollowed piece of cantaloupe (okay if the fruit spills over the sides of cantaloupe onto the plate)
6. Top each piece of stuffed melon with 1 tablespoon of whipped topping.
7. Serve cold.

Nutrition Facts (Per Serving)

calories, 82; carbohydrate, 20 g; protein, 1 g; total fat, 0.14 g; saturated fat, 0.01 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 2 g; total sugars, 16 g; sodium, 28 mg; calcium, 25 mg; folate, 46 mcg; iron, 0.51 mg; percent calories from fat, 2%.

Recipe courtesy of Massachusetts Department of Agriculture –Farmer's Market Recipes

Makes 4 servings.



Stuffed Melon

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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