

Cantaloupe Fruit Salad

For the Child and Adult Care Food Program

Preparation Time: 10 minutes

Yield: 16 child-size portions of ½-cup

- **1 ¼ cups fresh cantaloupe**
- **1 ¼ cups fresh strawberries**
- **1 ¼ cups fresh peaches**
- **3 Tbsp frozen orange juice concentrate, thawed**

1. Wash cantaloupe with cool tap water. Cut open and remove seeds. Cut cantaloupe flesh from rind and cut into small pieces. Place in a medium-size bowl.
2. Wash strawberries and remove green tops. Cut strawberries into small pieces and place on top of cantaloupe.
3. Blanch fresh peaches to remove skin if desired (see Tips). Cut into small pieces and place on top of cantaloupe/strawberry mixture.
4. Pour orange juice concentrate over fruit and mix. Cover and refrigerate 2 hours.
5. When ready to serve, stir fruit to mix.

Variations: Substitute unsweetened, whole frozen strawberries (thawed) for fresh strawberries. Substitute canned peaches (packed in water or juice), drained, or frozen peach slices (thawed) for fresh peaches.

Cooking with Children

Young children can:

- Wash hands first
- Help thoroughly wash the outside rind of the cantaloupe
- Help wash fresh peaches and strawberries in a colander
- Help cut cantaloupe, peaches, and strawberries into small pieces using a cutting board and plastic knife
- Pour orange juice concentrate over fruit pieces

Adults should cut the melon from the rind and blanch and peel the peaches if using fresh peaches.



Nutrients per 1 child-size serving of ½ cup: Calories 21, Protein, 0.4 g, Carbohydrate 5.2 g, Total Fat 0.1 g, Saturated Fat 0 g, Cholesterol 0 mg, Vitamin A 625 IU, Vitamin C 19.9 mg, Iron 0.1 mg, Calcium 5.4 mg, Sodium 1.7 mg, Dietary Fiber 0.8 g

Cantaloupe Melon Kabobs

Preparation Time: 10 minutes

Serves: 12 child-size portions of 1 kabob with 2 tsp yogurt (about ¼ cup fruit)

Serves: 6 adult-size portions of 2 kabobs with 4 tsp yogurt

- 1 cup fresh cantaloupe, cut in 1-inch cubes
- 1 cup fresh honeydew melon, cut in 1-inch cubes
- 1 cup fresh watermelon, cut in 1-inch cubes, remove seeds
- 1 cup low-fat or fat-free vanilla or fruit-flavored yogurt, for dipping or drizzling
- 12 wooden craft sticks

1. Wash melons under cool running tap water. Scrub outside of melons with clean vegetable brush and rinse. Cut open and remove seeds of cantaloupe and honeydew melons. Cut melon flesh from rind and remove any bruised or damaged areas. Cut into 1-inch cubes.
2. Press wooden stick through center of a piece of cantaloupe, leaving 1-inch of stick bare for a handle at one end.
3. Repeat pressing other pieces of melon on wooden stick alternating types until stick is full. Refrigerate or serve immediately. Offer yogurt as sauce for dipping kabobs.

Tip: Freeze kabobs for a cool, frosty fruit treat on a hot summer day. Place kabobs on a tray and place in the freezer. After 30 minutes, transfer to a zipper lock freezer bag, label, and date.

Cooking with Children

Young children can:

- Wash hands first
- Help thoroughly wash the outside rinds of melons
- Help thread pieces of fruit on sticks

Adults should cut melons and remove seeds and rinds; cut fruit into 1-inch pieces, and help thread fruit onto wooden sticks.



Nutrients per 1 child-size serving of 1 kabob (about ¼ cup fruit): Calories 34, Protein 1.1 g, Carbohydrate 7.1 g, Total Fat 0.3 g, Saturated Fat 0.2 g, Cholesterol 1 mg, Vitamin A 492.5 IU, Vitamin C 10.5 mg, Iron 1 mg, Calcium 31.6 mg, Sodium 13.7 mg, Dietary Fiber 0.3 g

Cantaloupe Soup

Preparation Time: 10 minutes

Serves: 6 child portions of ½ cup

Serves: 3 adult portions of 1 cup

- **3 cups fresh, chilled cantaloupe chunks**
- **1 cup cold orange juice**
- **Sugar is optional**

1. Put chunks of cantaloupe in blender or food processor.
2. Pour orange juice and sugar, if used, over cantaloupe.
3. Cover tightly with lid and puree or blend until very smooth.
Pour into bowls and serve immediately. Refrigerate any leftovers.

Variation: Make half a recipe with cantaloupe and transfer to a pitcher. Make another half a recipe with strawberries (or another fruit) and transfer to a second pitcher. Make half-and-half soup by pouring from both pitchers at the same time into bowls. Pouring at the same time will keep the two colors from mixing.

Tip: Freeze soup in 9" by 13" by 2" pan for 20-30 minutes in the freezer, stirring every 5-10 minutes until slushy. Scoop icy fruit slush into bowls for a frosty, refreshing dessert.

Cooking with Children

Young children can:

- Wash hands first
- Help cut cantaloupe into small pieces using a cutting board and plastic knife.
- Help add ingredients to blender pitcher.
- Help cover blender and watch as adult operates blender.
- Help stir slushy cantaloupe soup if icy fruit slush option is made.

Adults should cut melons and remove seeds and rinds; cut fruit into 1-inch pieces, and do all steps involving the blender.



Nutrients per 1 child-size serving of ½ cup: Calories 46, Protein 1 g, Carbohydrate 10.8 g, Total Fat 0.2 g, Saturated Fat 0.1 g, Cholesterol 0 mg, Vitamin A 2788 IU, Vitamin C 50 mg, Iron 0.3 mg, Calcium 11.8 mg, Sodium 13 mg, Dietary Fiber 0.8 g