

Cantaloupe

HOW TO CHOOSE AND STORE

Wrap cut cantaloupe in plastic wrap or put it in an airtight container and refrigerate it for up to three days. To make it last longer, leave the seeds intact when cutting.

To freeze, Cut the cantaloupe into bite-sized pieces, remove the seeds and rind, and lay the pieces flat in a freezer bag. You can use frozen cantaloupe in smoothies or add it to water



HOW TO USE AND EAT

They are usually sliced and eaten raw like a watermelon. They can also be used in fruit salad, or as a sweet addition to any dish.

Roasted Cantaloupe

1 cantaloupe

About 2 tablespoons sugar or vanilla sugar (optional)

Heat the oven to 400 degrees F and line a baking sheet with parchment. Clean melon, remove the seeds, and cut into wedges then into cubes.

Toss the cubes with a little sugar, if needed. If it's watery, adding a little sugar helps with caramelization.

Roast until the melon begins to look a little shriveled and has started to caramelize, about 20 minutes. Cool completely. Serve over oatmeal, or anywhere else where you need mild fruit accompaniment.

Cantaloupe Cucumber Summer Salad

3 cups chopped cantaloupe

1 small cucumber (thin slices) or 1/2 cup

1 cup diced cherry tomatoes

1-2 tsp lime or lemon juice

1/2 cup red onion, chopped length wise

1 tbsp extra virgin olive oil

2 tbsp red wine vinegar

3 tbsp chopped cilantro

3 chopped mint leaves

1/2 tsp smoked paprika

1/2 tsp red pepper flakes

Chop up all ingredients and mix in a bowl

Combine olive oil, vinegar, juice and seasonings and mix.

Pour on top of salad ingredients

Store in the fridge.

Cantaloupe Bread with Praline Glaze

2 cups white sugar

2 cups cantaloupe - peeled, seeded and pureed

1 cup vegetable oil

3 large eggs

1 tablespoon vanilla extract

3 cups all-purpose flour

2 teaspoons ground cinnamon

1 teaspoon baking soda

1 teaspoon salt

3/4 teaspoon baking powder

1/2 teaspoon ground ginger

Sauce: 1 2/3 cups brown sugar, 1/2 cup butter,

1/2 cup chopped pecans

Preheat the oven to 325 degrees F (165 degrees C). Lightly grease and flour two 9x5-inch loaf pans.

Beat together sugar, pureed cantaloupe, oil, eggs, and vanilla in a large bowl until well combined. Sift together flour, cinnamon, baking soda, salt, baking powder, and ginger in a separate bowl. Stir flour mixture into cantaloupe mixture until combined. Divide batter evenly between the prepared pans. Bake in the preheated oven until a toothpick inserted into the centers of loaves comes out clean, about 1 hour.

Make the sauce: Combine brown sugar and butter in a microwave-safe bowl. Cook in the microwave for 3 minutes, stirring at 1-minute intervals. Mix in pecans.

Pour sauce over warm loaves. Let cool for 1 hour before serving.