



SUNNY FRUIT FIESTA

Treat yourself to a delightful mixture of fresh fruit and juices. It's as light and easy as a day in the sun.



- This is a zero fat recipe
- Melon, especially cantaloupe, is high in vitamin A
- Citrus juice adds a shot of vitamin C

Light & Easy



PREPARATION TIME
20 minutes plus chilling

SERVES 6

- 1 cantaloupe melon, halved and seeded
- ½ honeydew melon, seeded
- ¼ cup superfine or granulated sugar
- ¼ cup fresh lime juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon orange-flavored liqueur (optional)
- 1½ teaspoons grated lime zest
- 1 cup sliced fresh strawberries
- 1 cup black or red seedless grapes

1 Using a melon baller, scoop flesh from cantaloupe and honeydew into balls; set aside.

2 In a large glass or ceramic bowl, combine the sugar, lime juice, lemon juice, orange liqueur, and lime zest. Stir well to dissolve

sugar. Add the cantaloupe and honeydew balls, strawberries, and grapes. Toss gently to combine.

3 Cover the bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice.

4 Spoon the fruit mixture into serving bowls or hollowed-out melon halves, dividing evenly. Serve immediately.



VARIATION

For a tropical fruit version, substitute kiwi slices, pineapple chunks, papaya slices, or mango cubes for some of the melon balls. Add a little grated fresh ginger or ground ginger. A dash of coconut extract would also make an intriguing addition. Try serving this version in a hollowed-out pineapple half.

COOK'S TIPS

A perfectly ripe cantaloupe will have a sweet, fresh fragrance. It should feel heavy for its size and give slightly at both ends when gently pressed. If the cantaloupe is soft, yellowing, or feels wet at the stem end, pass it by.

To ripen a hard cantaloupe, store it in a warm place for several days, away from sunlight. Once it is ripe, refrigerate and use within a week.



For a melon basket, use a non-toxic marker to draw a zigzag pattern on melon. Cut deeply into fruit along pattern, separate halves, seed, and fill with fruit.

PER SERVING: Calories 105 (3% from fat) Carbohydrates 27 g Protein 1 g Sodium 19 mg Fat 0 g Cholesterol 0 g