

Melon Smoothie

Ingredients

- 1/4 cantaloupe - peeled, seeded and cubed
- 1/4 honeydew melon - peeled, seeded and cubed
- 1 lime, juiced
- 2 tablespoons sugar

Directions

1. In a blender, combine cantaloupe, honeydew, lime juice and sugar. Blend until smooth. Pour into glasses and serve.

Melon Chiller

Ingredients

- 1 cantaloupe, halved and seeded
- 1 gallon water
- 2 cups white sugar
- ice cubes, as needed

Directions

1. Scrape the cantaloupe meat lengthwise with a spoon or a melon baller and place in a punch bowl; add the water and sugar. Mix thoroughly until all the sugar is dissolved. Chill with the addition of plenty of ice cubes.

Melon Ambrosia

Ingredients

- 1 cup watermelon balls or cubes
- 1 cup cantaloupe balls or cubes
- 1 cup honeydew balls or cubes
- 1/3 cup lime juice
- 2 tablespoons sugar
- 2 tablespoons honey
- 1/4 cup flaked coconut, toasted
- fresh mint

Directions

1. In a small bowl, combine the melon balls. In another bowl, combine the lime juice, sugar and honey; pour over melon and toss to coat. Cover and refrigerate for at least 1 hour. Sprinkle with coconut. Garnish with mint if desired.

Prosciutto e Melone (Italian Ham and Melon)

Ingredients

- 1 cantaloupe - seeded and cut into 8 wedges
- 8 thin slices prosciutto

Directions

1. Remove the flesh from the rind of the cantaloupe; wrap each piece of cantaloupe with a slice of the ham. Serve cold.