

Ingredients:

- 1 cup watermelon chunks
- 1 cup cantaloupe chunks
- 1 cup honeydew chunks
- 3 wooden skewers

Feel free to use your favorite seasonal fruits.

Directions:

1. Wash hands with soap and warm water. Wash all fresh fruits before preparing.
2. Chop watermelon, cantaloupe, and honeydew into chunks.
3. Alternate chunks of watermelon, cantaloupe, and honeydew on each skewer.
4. Serve immediately or cover and refrigerate.

Nutrition Facts (Per Serving)

Calories, 55; Carbohydrate, 13 g; Protein, 1 g; Total Fat, 0 g; Saturated Fat, 0 g; Trans Fat, 0 gm; Cholesterol, 0 mg; Fiber, 1 g; Total Sugars, 12 g; Sodium, 19 mg; Calcium, 12 mg; Folate, 24 mcg; Iron, 0 mg; Calories from Fat, 0%.

3 servings, 1 skewer each

Melon Skewer

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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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