

Side Dish

Spiced Cantaloupe

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 4

Start to Finish Time: 10 minutes

2 cups cantaloupe, cubed

2 tablespoons lime juice

1 tablespoon sugar

1/4 teaspoon ground nutmeg

In a medium bowl, combine the cantaloupe, lime juice, sugar and nutmeg.

Toss gently to combine.

Spoon into serving dishes.

Per Serving (excluding unknown items): 43 Calories; trace Fat (5.3% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.