**INGREDIENTS**

- 1/2-1 lb. of green beans, trimmed
- 1 medium melon
- 1/2 bunch of fresh mint, chopped
- 4oz of feta cheese
- Lime juice, optional (Squeeze juice from 1 lime over top at end, if desired)

**INSTRUCTIONS**

1. Blanch the green beans in boiling water for 2 minutes, then refresh quickly under cold water, chop if desired.
2. Rinse the outside of the melons well (one of the largest e. coli outbreaks was due to bacteria on the rind of melons that transferred to the inside when it was sliced). Cut melon into chunks and place in a large bowl.
3. Rinse the mint well, pick the leaves from the stems and dry as well as possible (blot with a paper towel). Chop the mint until it is in small pieces.
4. Mix the mint in with the melon chunks and green beans. If serving immediately, crumble the 4 oz. of feta over top and then mix in. *only add the feta just before serving.*

**SERVING SIZE:** 8

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Green Beans

- **Reasons to Eat Green Beans**: A ½ cup of cooked green beans provides: A good source of vitamin C and vitamin K. Also is a source of vitamin A, fiber, and folate.
- Cook green beans for as little time as possible. Use the least amount of water possible. If beans are cooked too long, nutrients may be lost.
- **Green French Fries**: Make green bean French fries! Sprinkle fresh green beans with a little olive oil, salt, and pepper. Spread them out on a shallow pan. Bake at 400°F for 20-25 minutes, turning them over when they’re half-way done.

Cantaloupe

- Exceptional source of beta carotene, which provides vitamin A. The vitamin A in one cup of cantaloupe gives one-half of an adult male’s daily Vitamin A requirement and about two-thirds of an adult woman’s.
- Cantaloupes are also high in dietary fiber as well as folacin, a nutrient needed for growth and the development of hemoglobin. There are 50 calories in a six-ounce serving of cantaloupe and contain no fat or cholesterol.

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