



# Curried Chicken and Melon Salad

<b>3 ounces</b> sliced almonds	<b>1½ cups</b> cantaloupe melon, cubed	<b>1 tablespoon</b> fresh lemon juice
<b>2</b> chicken breasts	<b>6 cups</b> baby spinach leaves, rinsed and dried	<b>1 tablespoon</b> fresh orange juice
<b>¼-¾ teaspoon</b> curry powder		<b>2 tablespoons</b> honey
<b>1½ cups</b> seedless red grapes, halved	<b>Dressing</b>	<b>½ teaspoon</b> ground curry powder
<b>1½ cups</b> honey dew melon, cubed	<b>½ cup</b> reduced fat mayonnaise	<b>1 teaspoon</b> lite soy sauce
	<b>½ cup</b> plain Greek yogurt	<b>¼ teaspoon</b> pepper
		<b>Yield:</b> 1 ¼ cups

**Preheat** oven to 350 degrees F. **Spread** almonds in ungreased shallow baking pan. **Bake** uncovered 5-7 minutes until lightly browned. **Remove** from oven and cool. **Place** chicken breasts in a medium saucepan; **cover** with water, bring to a **boil**; **cook** until tender. **Drain** and **shred** chicken in large bowl. **Add** curry powder to taste, ¼-¾ teaspoon. **Stir** in grapes and melon cubes. **Mix** dressing ingredients in small bowl and **whisk** until smooth. **Add** dressing to taste, not over ¾ cup, to

chicken mixture. **Store** extra dressing in refrigerator. **Serve** 1 cup salad over 1 cup spinach leaves. **Sprinkle** with toasted almonds.

**Serving size:** 2 cups  
**Yield:** 6

**Nutritional Analysis:** 270 calories, 12 g fat, 1.5 g saturated fat, 25 mg cholesterol, 270 mg sodium, 28 g carbohydrate, 4 g fiber, 22 g sugars, 15 g protein.

# Honeydew Melon

**SEASON:** July to September

**NUTRITION FACTS:** Kentucky honeydew melon has a smooth, creamy white rind with a green cast. This melon is distinctive for its sweet, juicy, pale green flesh. The ripe melon is crisp and is a good source of vitamin C. Each one cup serving of honeydew melon only has about 60 calories.

**SELECTION:** Look for honeydew melons that give slightly when squeezed. Ripe melons will have a sweet, delicate scent.

**STORAGE:** Store under ripe melons at room temperature for two to three days. Refrigerate cut melons in plastic bags for up to one week. Melons can be frozen in light syrup for future use.

**PREPARATION:** Rinse the outside of the melon before cutting. Cut melon in half and remove seeds by scraping them out with a spoon. If you are using only part of the melon, leave the seeds in the unused piece, wrap well and refrigerate for two to three days.

## HONEYDEW MELON

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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