Melon Berry Smoothie

¼ cup skim milk

1 cup low fat vanilla Greek yogurt

2 cups chopped honey dew melon

1 cup frozen blueberries, strawberries or mixed berries

1 tablespoon honey, optional

Place all ingredients in blender.

Blend together until smooth using the pulse function, if available.

Pour into serving glasses and serve immediately.

Yield: 4, 8 ounce servings.

Nutritional Analysis: 130 calories, 1g fat, 0 g saturated fat, 5 mg cholesterol, 55 mg sodium, 28 g carbohydrate, 2 g fiber, 24 g sugars, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Honeydew Melon

SEASON: July-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 bag for up to one week. Melons can be frozen in light syrup for future use.

Source: Kentucky Melons, UK Cooperative Extension Service

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.