



# Glazed Cantaloupe Bread

<b>3</b> eggs	<b>1½ cups</b> all-purpose flour	<b>½ teaspoon</b> ground ginger
<b>1 cup</b> unsweetened applesauce	<b>1 teaspoon</b> salt	<b>Glaze:</b>
<b>1 cup</b> sugar	<b>1 teaspoon</b> baking soda	<b>½ cup</b> butter
<b>1 tablespoon</b> vanilla extract	<b>¾ teaspoon</b> baking powder	<b>¾ cup</b> brown sugar
<b>2 cups</b> pureed cantaloupe (about one 5-inch round melon)	<b>2 teaspoons</b> ground cinnamon	<b>½ cup</b> chopped pecans
<b>1½ cups</b> whole wheat flour		

**Preheat** oven to 325 degrees F. Lightly **grease** and **flour** two, 9 x 5-inch loaf pans. In a large mixing bowl **beat** together eggs, applesauce, sugar, vanilla and pureed cantaloupe. In a separate bowl, **sift** together flours, salt, baking soda, baking powder, cinnamon and ginger. **Add** flour mixture to cantaloupe mixture; **mix** just until combined, then **pour** batter into prepared pans. **Bake** in the center of a preheated oven for 60 to 70 minutes, until a toothpick inserted into center of loaf comes out clean and top of loaf springs back when pressed. Let loaves **cool** in pans for 10 minutes, run a knife around edge

then **turn out** of pans to a cooling rack. **For Glaze: Combine** butter and brown sugar in a microwave safe bowl. Microwave on high 3 minutes, stirring well at 1 minute intervals, until smooth and sugar is melted; add pecans to the glaze. Pour glaze over warm loaves. Allow glazed loaves to cool one hour before serving. **Yield:** 20 slices  
**Nutritional Analysis:** 200 calories, 8 g fat, 3.5 g saturated fat, 45 mg cholesterol, 20 mg sodium, 32 g carbohydrate, 2 g fiber, 17 g sugars, 4 g protein.



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

# Kentucky Cantaloupe

**SEASON:** July through early September.

**NUTRITION FACTS:** Cantaloupe is a great source of vitamins A and C. A half cup serving provides 50 calories, 120 percent of vitamin A and 80 percent of vitamin C needed per day. They also contain phytochemicals that foster heart health and good vision, boost the immune system and reduce the risk of some cancers.

**SELECTION:** Choose melons heavy for their size with no visible bruises or yellow or cream undertone. Ripe melons will yield to slight pressure at the blossom end and have a fruity fragrance. The skin should feel springy, not mushy.

**STORAGE:** Store uncut cantaloupes at room temperature for up to one week. Melons will continue to ripen at room temperature. Refrigerate cut melons in an airtight container up to five days.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** Wash melons in warm water before cutting to rid the rind of any impurities that might be carried from the knife blade to the flesh. Cut the melon in half and scoop out the seeds and strings. Melons can be cut into halves, quarters, wedges, cubes or scooped into balls with a melon baller. Cantaloupe is delicious enough served fresh, but it can also be added to fruit salads and smoothies.

## KENTUCKY CANTALOUPE

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students

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