

Melon Basket

- 1 large watermelon
- 2 cantaloupe melons
- 2 honeydew melons
- 1 quart fresh blueberries
- 1 quart fresh strawberries

Using a watermelon and directions below for a plain or zigzag edge, prepare a fruit basket.

For a plain edge: Cut the melon in half and scoop out the seeds. Remove most of the fruit with a melon baller. Or, cut fruit out with a grapefruit knife or scoop it out with a large spoon. Reserve the fruit to serve in the basket later. Continue scraping out the flesh, to leave a smooth surface.

For a zigzag edge: First cut a line through the melon to ensure that your finished edge will be straight. Using a sharp knife, insert it on the cut line at an angle. Continue making cuts at the same angle 1/2 to 2 inches long, every 1 to 2 inches apart, according to the size of the melon.

Then insert the knife at the top of the angled cut and cut back down at the opposite angle to form a V. Continue cutting V-shapes in this way all around the melon. A special melon cutter with a V-shaped blade will make the job easier.

Once basket is prepared, cut cantaloupes and honeydews in half. Scoop out seeds. Using a melon baller, scoop out the fruit balls and add to basket. With the watermelon reserved from basket, use melon baller to make fruit balls and add to basket.

Clean strawberries and blueberries. Remove hull from strawberries and cut in half. Add strawberries and blueberries to basket and gently mix all fruit together. Makes 20 servings.

Nutrition information per serving: calories 92; protein 2 grams; fat 1 gram; sodium 15 mg