

No-cook summer recipes featuring cool, sweet fruit

June 18 2019, by Len Canter, Healthday Reporter



(HealthDay)—Sweet summer fruits make a luscious ending to a meal,

but there's no reason to limit them to dessert. Here are three fruity no-cook dishes that will please every palate.

For a sauce with a special flavor punch, add chopped fresh [cherries](#) to your favorite salsa recipe. Cherries are loaded with anthocyanins, an antioxidant with a deep red color, and their sweetness gives salsa an added layer of flavor. Try it with [grilled chicken](#) or shrimp for a sweet and spicy kick.

Love cantaloupe? Pair it with thinly sliced prosciutto, fresh mozzarella and mint. The melon's sweetness is a great way to balance the saltiness of prosciutto for a filling low-cal appetizer or lunch dish.

Is juicy watermelon more to your liking? It's high in vitamins A and C and the antioxidant lycopene. The deeper the melon's red hue, the more nutrients it has. Its flavor really pops when paired with tangy feta cheese, a good source of calcium.

Watermelon Salad

- 4 cups baby spinach
- 4 cups watermelon chunks
- 2 ounces feta cheese, crumbled
- 1 jalapeno, seeded and minced
- 1/2 cup fresh basil leaves, shredded
- 2 tablespoons extra-virgin olive oil
- Salt and [black pepper](#) to taste

Arrange spinach on a platter and top with the [watermelon](#). Sprinkle on feta, jalapeno and basil. Drizzle with the oil, and season with salt and pepper as desired.

Yield: 4 servings

More information: The U.S. Department of Agriculture has an online booklet with tips [for making the most of summer's bounty](#) including ideas kids will love.

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Citation: No-cook summer recipes featuring cool, sweet fruit (2019, June 18) retrieved 25 April 2024 from <https://medicalxpress.com/news/2019-06-no-cook-summer-recipes-featuring-cool.html>

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