

IT'S A SNACKDOWN HAMELON BITES

Servings: 4

Ingredients:

- ½ ripe cantaloupe, seeded
- 3 ounces low-sodium ham, sliced
- 3 Tbs. olives, sliced (optional)
- toothpicks

Directions:

- Using a melon baller, cut balls from the melon flesh. (If you do not have a melon baller, carefully cut melon into 1-inch square pieces) Set aside.
- Cut each slice of ham long ways into 1-inch wide strips. Wrap each piece of melon with a strip of ham. Top each with a sliced olive (optional). Secure with a toothpick.
- Enjoy served chilled or at room temperature.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cooking, cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



The Mickey Check helps kids and families identify foods and beverages that meet The Walt Disney Company's Nutrition Guidelines in stores, online, in Parks and at branded experiences.