



Watermelon



Watermelon Salad

¼ cup pineapple juice
2 tablespoons honey
¼ cup lime juice

2 teaspoons salt
1½ teaspoons ground ginger
1 (5-pound) watermelon

In a small bowl, mix together the pineapple juice, honey, lime juice, salt and ginger. Cut the watermelon into 1 inch chunks (remove the seeds if using a seeded watermelon) and put in a large bowl. Drizzle mixture over the watermelon. Chill or serve immediately.

Yield: 4 servings

Did you know?

Watermelons are loaded with **antioxidants** needed to stop free radicals from promoting aging and disease.

They also contain **vitamin A**, another powerful nutrient that also helps us have healthy skin and proper vision.

Did we mention it's also a great source of **vitamin C**, **vitamin B6**, **vitamin B1**, and **manganese**?

Watermelon Kabobs

½ small seedless watermelon, rind removed, cut into 1 inch pieces
1 pound large seedless green grapes, rinsed and removed from stems
1 pint blueberries
1 lime
15 wooden skewers

Cover a baking sheet with plastic wrap. Skewer pieces of fruit, alternating the kinds. Arrange the skewers on the baking sheet. Squeeze the lime juice over each skewer of fruit and serve.

HINT: If you think the lime will be too sour for your preference, mix the lime juice with a tablespoon of sugar and brush onto kabobs.

HINT: If you don't have wooden skewers, just put all the fruit in a large bowl and drizzle the lime juice on top.

Yield: 6 servings

HINT: You can use any combination of fruit in this recipe. Try adding pineapple, mangoes, melons, apples or pears for a different taste and fun twist.

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Tomato and Watermelon Salsa

5 cups ($\frac{3}{4}$ inch) seeded watermelon cubes
1 $\frac{1}{2}$ pounds ripe tomatoes, cut into $\frac{3}{4}$ inch cubes
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt

1 small red onion, quartered and thinly sliced
 $\frac{1}{2}$ cup red wine vinegar
 $\frac{1}{4}$ cup extra virgin olive oil
Romaine lettuce leaves

Combine the tomatoes and watermelon in a large bowl and sprinkle with sugar and salt. Let stand for 15 minutes. Stir in the red onion, red wine vinegar, and olive oil. Cover and chill until serving. Scoop up salsa and place in the middle of the lettuce leaf. Wrap the lettuce and eat!

Cut up watermelon should be stored in a covered container in the refrigerator where it will keep for 3-4 days.

Watermelon Soup

1 (7-8 lb) seedless watermelon, cut into 1 inch pieces
 $\frac{1}{2}$ cup plain Greek yogurt
Juice from $\frac{1}{2}$ lemon

1 teaspoon grated fresh ginger
Pinch of salt
Dash of ground nutmeg
5-6 mint leaves, chopped (optional)

Add all ingredients to the blender and blend until smooth. Refrigerate (at least 2 hours) and serve chilled.

Yield: 4 servings

Watermelon Slushy

8 cups seedless watermelon, cubed
 $\frac{1}{2}$ cup lime juice

1-2 cups diet lemon-lime soda, chilled (amount varies depending on how juicy the watermelon is)



Add all ingredients to the blender and blend until smooth. Pour into a freezer proof container. Put in freezer for 30 minutes or until slushy begins to freeze. Stir the slushy and return it to the freezer. Freeze for approximately 60 additional minutes, stirring occasionally. Spoon $\frac{3}{4}$ cup into bowls for serving. Add additional soda if needed.

Yield: 4 servings

How About That!

Every part of a watermelon is edible. Most commonly eaten is the flesh of the melon, although the seeds can be roasted and the rind can be canned.

Remember to wash the outside of the watermelon before cutting into it.

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