

FRUIT OF THE MONTH

- Watermelons



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*A*n American favorite for meals and snacks. People can't seem to get enough of the sweet treat, and nutritionists have long appreciated the health benefits watermelon provides. Recently research has shed new light on its potential health benefits. Watermelon contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases. Watermelon is fat free, nutritionally low in calories and considered an ideal diet food, and is high in energy, making it a great energy boost!

Watermelon, the fruit that is really a **Vegetable**. Watermelon can be traced

Nutritional Facts:

Fat-free

Saturated fat-free

Very low sodium

Cholesterol-free

A good source of vitamin A

High in vitamin C

back to Africa and is part of the cucumber and squash family. Early watermelons were mainly rind and seeds. Today's varieties are larger, the flesh sweeter, the seeds smaller and the rind thinner. It is perhaps the most refreshing, thirst quenching fruit of all. Watermelon consists of 92% water and 8% sugar, so it is aptly named. Americans eat over 17 lbs of watermelon each year. The largest one on world record (Guinness Book of World

Records) weighed 262 pounds.

When to look for them in your grocery store:

Watermelons are available all year. The natural sweetness of watermelon makes it a favorite anytime of the year. It is a perfect addition to a salad, salsa, or cool drink. Top chunks of sweet watermelon with fruit flavored sherbets or sorbets.



Nutrition Facts	
Serving Size 2 cups diced pieces, 1/18 medium melon (280 g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 1g	
Vitamin A 20% • Vitamin C 25%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Selecting:

Choose firm, symmetrical, fruit free of cracks, bruises, soft spots or mold. Ripe watermelon will have a healthy sheen, a dull rind, dried stem, and a buttery yellow underside where it touched the ground. There should be a melon like smell or fragrance. Thump if you must, sound should be dull and hollow. Lift them, weight should be heavy for size.



Special Tip:

Avoid watermelons that are very hard, white or very pale green in color on the underside, indicating immaturity. An immature watermelon will be slightly acidic.

How to Store:

Once picked, watermelon will not ripen. If unripe put whole melon in paper bag unrefrigerated. This sometimes works to ripen them. Watermelons can be kept for short periods of time, up to 2 weeks, uncut at room temperature. Once cut package what is not

eaten in closed plastic containers or bags and put back in the refrigerator. Wash watermelon with soap and water before cutting.

Varieties: There are more than 50 varieties of watermelon. most have red flesh, but there are orange and yellow-fleshed varieties. Of the 50 varieties varieties of watermelon throughout the United States, there are four general categories: Allsweet, Ice-Box, Seedless and Yellow Flesh.

AllSweet

- 20-25 pounds
- Red Flesh
- Oblong
- Dark green rind, with or without stripes



Serving suggestion: Surprise your customers by serving a large refreshing wedge of watermelon following a heavy meal. Place the wedge on a plate with a large knife and encourage the entire table to enjoy a slice.

Ice-Box

- 5-15 pounds
- Red or yellow flesh
- Round
- Dark or light green rind



Serving suggestion: Make your salsa or relish really "cool" by substituting watermelon for tomatoes in your favorite recipe. Serve with grilled chicken, fish or pork. Try watermelon salsa with chips, too.

Seedless

- 10-25 pounds
- Red or yellow flesh
- Oval to round
- Light green rind with dark green stripes



Serving suggestion: This variety's perfect for sorbets and beverages. Blend cubes of seedless watermelon and use the juice in margaritas, daiquiris or lemonade for a new twist.

Yellow Flesh

- 10-30 pounds
- Yellow to bright orange flesh
- Oblong to long
- Light green rind with mottled stripes



Serving suggestion: Use for color variety as a garnish or side dish. Create festive fruit kabobs by skewering yellow flesh watermelon with other seasonal fruits, such as kiwis and strawberries.

Make Watermelon Part of Your



A Day Plan:

It is easy to include watermelon in your 5 A Day Plan. Keep watermelon chunks, slices or juice in your refrigerator. Pack a slice in your lunch box. Use as a snack or thirst quencher. Combine with other fruit or vegetables to use as an appetizer, in fresh fruit salad or as a dessert. Scoop out fruit and cut rind like a basket for an even prettier fruit salad.

Recipes

Watermelon Bits

Prep Time under 20 min.

- 1 c Fresh lime juice
- 1/2 t Salt
- 1/4 t Hot-pepper sauce
- 6 c Watermelon, seeded



In small bowl suitable for dipping, stir together lime juice, salt, and hot-pepper sauce; adjust seasoning to taste. Place bowl in center of large platter, arrange watermelon around bowl, and serve with wooden picks. Makes 6 servings. Calories 60, Fat 1 g, % Calories From Fat 12%, Cholesterol 0 mg, Fiber 1 g, sodium 191 mg.

Recipe Source PBH

Fresh Melon Julep

- 1 c Sugar
- 1/4 c Fresh mint leaves, snipped
- 2 T Fresh lemon or lime juice
- 1/4 c Dark rum
- 10 c Cantaloupe balls (about 3 cantaloupes)
- 2 c Honeydew melon balls
- 2 c Watermelon balls
- Fresh mint sprigs

Combine sugar and mint leaves with 1 cup water in a small saucepan. Stir over low heat until sugar dissolves; simmer 5 minutes. Remove from heat and pour through a strainer, discard mint. Stir in lemon or lime juice and rum. Cool. Combine cantaloupe, honeydew, and watermelon with cooled mint-rum syrup. Chill several hours or overnight. To serve, spoon fruit into dessert dishes and garnish with sprigs of mint. Calories 207, Fat 1 g, % calories from Fat 3%, Cholesterol 0 mg, Fiber 2 g, Sodium 24 mg.

Recipe Source PBH

Melon Aid

- 6 c Watermelon, seeded
- 1 c Lemon juice
- 2 c Orange juice
- 2 c Sugar, dissolved in 2 cups hot water
- 2 (28 oz.) bottles 7-Up



Combine all ingredients together and mix well. Makes 12 servings.

Calories 229, Fat 0 g, % Calories from Fat 2%, Sodium 23 mg.

Source: PBH/National Watermelon Promotion Board

Caribbean Watermelon Salsa

- 2 c Watermelon, chopped and seeded
- 1 c Pineapple (fresh), chopped
- 1 c Onion, chopped
- 1/4 c Cilantro (chopped fresh)
- 1/4 c Orange juice
- 1-2 T Jerk seasoning, or to taste

In large bowl, combine all ingredients; mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving. Makes 8 servings.
Calories 35, Fat 0 g, Fiber 1 g, Sodium 3 mg.

PBH/National Watermelon Promotion Board

Watermelon Smoothie

- 2 c watermelon, seeded chunks
- 1 c ice, cracked
- 1/2 c yogurt, plain
- 1 T sugar
- 1/2 t ginger, ground
- 1/8 t almond extract



Combine all ingredients in blender container, blend until smooth. Makes 2 servings
Calories 115, Fat 2 g, % Calories from Fat 13%, Cholesterol 4 mg, Fiber 1 g, Sodium 46 mg. Recipe Source PBH

Watermelon Pico de Gallo

- 4 c Watermelon, diced and seeded
- 1-1/2 c Jicama, diced
- 1/2 c Green pepper, diced
- 1/4 c Cilantro (chopped fresh)
- 1 T Jalapeno pepper, chopped
- 2 T Fresh lemon juice
- 1 T Honey
- 1 t Salt
- 1 t Garlic pepper
- 1/4 t Hot-pepper sauce

In large bowl, combine all ingredients; mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving. Makes 12 servings.

Calories 32, Fat 0 g, Fiber 1 g, Sodium 182 mg

Recipe Source: PBH/National Watermelon Promotion Board

Watermelon Blueberry Banana Split

- 2 Bananas, large
- 8 Watermelon "scoops" - a watermelon ball created with an ice cream scoop.
- 2 c Blueberries, fresh
- 1/2 c Vanilla low-fat yogurt
- 1/4 c Crunchy cereal nuggets

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon "scoops." Sprinkle with cereal nuggets. Calories 186, Protein 4 g, CHO 44 gm, Fat 1 g, Cholesterol 1 mg, Sodium 66 mg.

Recipe Source: PBH/National Watermelon Promotion Board

South-of-the-Border Watermelon Walla-Walla Sweet Onion Salsa

- 2 cups chopped watermelon (seeds removed)
- 3/4 cup chopped Walla Walla Sweet Onion
- 3/4 cup canned black beans, rinsed and drained
- 1/4 cup chopped seeded jalapenō chilies
- 1/4 cup chopped fresh cilantro
- 1 large clove garlic, finely chopped
- 1 tablespoon brown sugar
- 1/2 teaspoon salt



Stir together all ingredients in bowl. Refrigerate, covered at least 1 hour to blend flavors. Stir before serving.

Makes 4 cups.

Preparation Time: 15 minutes

Chilling Time: 1 hour

Per 1/2-cup serving: 52 Calories, 11g Carbohydrate, 2g Protein, 0.3g Fat, 2g Dietary Fiber, 148mg Sodium, 0mg Cholesterol