



# Watermelon



## Why eat watermelon:

- Over 90% of watermelon is water, so it is low in calories—around 45 calories per cup.
- Packed with vitamins: vitamin A helps with vision, vitamin C helps with your immune system and vitamin B6 helps promote proper brain function.

## How to store and when to throw out:

- Keep whole watermelons at room temperature for up to 2 weeks.
- Once watermelon has been cut, drain extra liquid, wrap tightly and refrigerate for 3 or 4 days.
- Throw out if melon becomes slimy, begins to taste sour, or mold is present.

## Refreshing Cucumber Watermelon Salad

Makes 10 servings

### Ingredients:

- 1 small red onion, sliced
- 2 cucumbers, cut in cubes
- 2 tablespoon lime juice
- 1 cup feta cheese
- 2 tablespoon olive oil
- 1/2 cup mint leaves, sliced thin
- 1/2 watermelon, cut in cubes

### Directions:

1. Mix red onion with lime juice in a bowl, set aside to marinate at least 10 minutes.
2. Stir olive oil into onion mixture.
3. Toss watermelon, cucumbers, and marinated onions together in a large bowl.
4. Sprinkle feta and mint over the salad; toss.
5. Refrigerate and serve cold.

## Quick Tips:

- Wash the outside of the watermelon well before use.
- Cut the watermelon in half and then cut each half into two to make cutting it into slices safe and easy.
- Extra watermelon can be cubed and frozen for a refreshing treat.
- The white rind is very high in nutrients—don't throw it out. It's slightly bitter and perfect for pickling.

| Nutrition Facts           |                         |
|---------------------------|-------------------------|
| Servings per container    | 1 cup watermelon, diced |
| Serving size              | (152 g)                 |
| Amount per serving        | <b>46</b>               |
| <b>Calories</b>           |                         |
|                           | % Daily Value*          |
| Total Fat 0 g             | 0%                      |
| Saturated Fat 0 g         | 0%                      |
| Trans Fat 0 g             |                         |
| Cholesterol 0 mg          | 0%                      |
| Sodium 2 mg               | 0%                      |
| Total Carbohydrate 11 g   | 4%                      |
| Dietary Fiber 1 g         | 2%                      |
| Total Sugars 9 g          |                         |
| Includes 0 g Added Sugars | 0%                      |
| Protein 1 g               |                         |
| Vitamin D 0 mcg           | 0%                      |
| Calcium 11 mg             | 1%                      |
| Iron <1 mg                | 2%                      |
| Potassium 170 mg          | 5%                      |

# Quick and Easy Watermelon Lemonade

Serves 10

## Ingredients:

1/2 medium size watermelon  
4-5 large lemons or 1 cup lemon juice  
1/2 cup sugar (can use sugar substitute)  
4-6 cups water  
Fresh mint

## Directions:

1. Scoop watermelon into a blender.
2. Juice enough lemons to make 1 cup juice. Add it to the blender.
3. Add in the water and sugar. Blend.
4. Serve over ice and garnish with mint leaves.

## Chef Notes:

- Cut watermelon into cubes, freeze, and blend to turn this into a refreshing frozen drink.
- No lemons? Use a low-sugar lemonade in place of lemons, water, and sugar.

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

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## How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

### Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

