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

<table>
<thead>
<tr>
<th>Servings per container</th>
<th>1 cup watermelon, diced (152 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 2 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 11 g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 1 g</td>
<td>2%</td>
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<tr>
<td>Total Sugars 9 g</td>
<td></td>
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<tr>
<td>Includes 0 g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein 1 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D 0 mcg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium 11 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Iron &lt;1 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Potassium 170 mg</td>
<td>5%</td>
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</tbody>
</table>
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.

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