

WATERMELON



Watermelon is in season from August through October.

Tips for selecting watermelon

Choose watermelon that is symmetrical and firm. Watermelon should be heavy for its size and emit a deep pitch when slapped with the palm of your hand. Watermelon with soft spots, pale green or white coloring, dents, or bruises should be avoided. A musky odor indicates that the watermelon is overripe.

Storage

Whole watermelon can be stored on the countertop for up to two weeks. Cut or prepared watermelon must be stored in the refrigerator (40°F or below). Place watermelon slices or chunks in a sealed plastic container or wrap with plastic wrap, then place in the refrigerator. Do not store watermelon in the freezer.

Preparation

Wash in water before slicing. Watermelon may be eaten alone, in a salad, or as part of a fruit platter. Watermelon may be pureed and used in blended drinks.

To remove seeds

Cut the watermelon into quarters, then cut each quarter into 3 or 4 wedges. Cut each wedge lengthwise along the seeds. Lift the wedge off and scrape away the seeds with a fork.

Key nutrients

- Antioxidant lycopene which may prevent certain types of cancer
- Potassium to help maintain normal blood pressure

Recipes

Watermelon cooler

3 cups watermelon

Juice of ½ lemon

3 scoops lemon sherbet

Remove the seeds from the watermelon and slice into chunks. Place on a cookie sheet and freeze. Put the frozen chunks into a blender. Add the sherbet and lemon juice and blend until smooth. Pour into cups and serve. Serves 3; 145 Cal; 2 g fat.

Watermelon ice

4 cups watermelon, cubed and seeded

⅓ cup granulated sugar

½ cup water

2 tablespoons fresh lime juice

In a small saucepan, combine sugar and water; bring to a boil and cook until sugar is dissolved (2 minutes). Let cool. Puree the watermelon in a food processor or mash with a potato masher; place in a bowl along with sugar syrup and lime juice. Pour into an 8-inch square baking dish. Freeze until nearly solid, about 2 hours. Scoop mixture into a food processor or blender and blend until the mixture is smooth but not melted. Spoon into dishes and serve immediately. Serves 4; 115 Cal; 0.5 g fat.



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Healthy Seasonal Produce: Watermelon (B4166-30)

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