Watermelon

Watermelon is a good source of vitamin A and vitamin C. Enjoy watermelon in fruit salads, in fruit platters or as a juicy snack.

Buying fresh watermelon...
- Select watermelon that is free of bruises, cuts and dents. The rind should have a healthy shine. The underside should be yellow.

Storing fresh watermelon...
- Keep watermelon for up to 2 weeks at room temperature.

Enjoying fresh watermelon...
- Wash watermelon with soap and rinse with water before cutting.
- Refrigerate cut watermelon in an airtight container. Use within 5 days.

Look for North Carolina watermelon from June to August.

Eat more fruits and vegetables. Increase fiber.
Watermelon Relish
www.fruitsandveggiesmatter.gov

This recipe uses three WIC foods: canned black beans and fruits and vegetables you can buy with your cash-value vouchers.

Ingredients...

• 2 cups seedless watermelon, chopped into bite-size pieces
• ¾ cup sweet onion, chopped
• ¾ cup canned black beans, rinsed and drained
• ¼ cup jalapeño chilies, chopped without the seeds
• ¼ cup fresh cilantro, chopped
• 1 large clove garlic, finely chopped
• 1 tablespoon brown sugar
• ½ teaspoon salt

Directions...

1. Stir all ingredients together in a bowl.
2. Cover and refrigerate for at least one hour.
3. Stir before serving.

NOTE: For best flavor, eat the watermelon relish within 24 hours.

Nutrition information...

Calories 90, Fat 0.5g, Carbohydrate 19g, Protein 3g, Fiber 3g, Sodium 490mg, Cholesterol 0mg.

Makes 4 servings

Family Goals

☐ My family and I will try watermelon for breakfast.
☐ My family and I will try watermelon for a snack.
☐ My family and I will try watermelon in a fruit salad.
☐ My family and I will try watermelon for dessert.
☐ Other

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North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
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