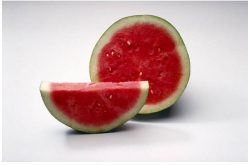


Watermelon



Look for watermelon on the elementary lunch menu in May. It's sweet, juicy, bright and fun!

Did You Know?

- ✂ The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- ✂ Over 1,200 varieties of watermelons are grown worldwide in 96 countries.
- ✂ Watermelon is 92 percent water.
- ✂ By weight, watermelon is the most-consumed melon in the U.S., followed by cantaloupe and honeydew.
- ✂ Early explorers used watermelons as canteens.
- ✂ Watermelon has no fat or cholesterol and is an excellent source of vitamins A, B6 and C and contains fiber and potassium.
- ✂ Watermelon is also a very concentrated source of the carotenoid, lycopene. Lycopene has been extensively studied for its antioxidant and cancer-preventing properties.

How to choose a watermelon:

1. *Look the watermelon over.* You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
2. *Lift it up.* The watermelon should be heavy for its size. Watermelon is 92 percent water, most of the weight is water.
3. *Turn it over.* The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun

RECIPE

Watermelon Breakfast Parfait

Ingredients

- One-third cup low fat granola
- Three-fourths cup de-seeded watermelon chunks
- 5 ounces low fat banana (or other substitute) yogurt

Instructions

In a large, cylindrical container, create the following parfait:

- Bottom layer: Low fat Granola
- Next Layer: Small chunks of seeded watermelon
- Next Layer: Banana Yogurt
- Next Layer: Low fat Granola
- Next Layer: Small chunks of seeded watermelon
- Top Layer: Banana Yogurt

Garnish: A slice of banana, toasted almonds or coconut, a wedge of watermelon, a strawberry or an orange wheel. *Servings:* Serves 1.



Watermelon, Blueberry and Spinach Salad with Feta

From Shape Magazine (June 2005)

Ingredients

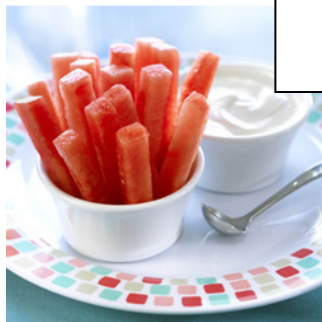
2 tablespoons lemon juice or lime juice
1 tablespoon honey
4 cups spinach leaves
2 cups seedless watermelon, cut into 1/2 inch cubes
1 cup blueberries, washed and dried
One-half cup cucumber, sliced (unpeeled)
One-half cup red onions, cut thinly
One-half cup feta cheese, crumbled



Instructions:

Whisk the lemon or lime juice and honey in a large bowl.
Add spinach; toss lightly to coat.
Add watermelon, blueberries, cucumber, and onion; toss.
Place on 4 plates, if desired, or leave in one big bowl.
Top with feta cheese.

(Add grilled chicken for a great main dish salad for summer menus!)



Easy Snacking

Enjoy crisp sticks of watermelon in a creamy yogurt fruit dip.

References:

<http://www.watermelon.org/FeaturedRecipe.asp>

<http://en.wikipedia.org/wiki/Watermelon>

<http://www.ars.usda.gov/is/AR/archive/jun02/lyco0602.htm>