

WATERMELON: Juicy, Sweet and Healthy

FEATURED RECIPE!

Watermelon Feta Salad



Ingredients

7-8 lb. seedless watermelon, chilled
1/2 cup extra virgin olive oil
3 limes, juiced
1/2 cup fresh mint leaves
1-1/2 tsp salt
3/4 tsp pepper
1 cup crumbled feta cheese

Directions

Cut off watermelon rind and chop fruit into 1-inch chunks. Place chunks in a colander to drain. Chop up mint. Toss with the watermelon chunks and dressing (see recipe below). Sprinkle feta cheese on top. Serve immediately.

To make the dressing:

In a small bowl, whisk together olive oil, fresh lime juice, salt and pepper.

Serves 8: Per serving: Calories: 233; Total Fat: 18 g; Saturated Fat: 5 g; Sodium: 211 mg; Total Carbohydrate: 18 g; Dietary Fiber: 1.5 g; Protein: 4 g

Watermelon is more than a tasty summertime treat. It's a source of vitamins and nutrients and is low in calories. Watermelon is an excellent source of lycopene, which is an antioxidant that may help prevent heart disease and other health problems.

Watermelon has excellent levels of vitamins A and C and a good level of vitamin B6. All three of these vitamins are important for a healthy immune system. Watermelon also contains potassium, which can help you avoid muscle cramps and balance fluid and minerals in the body.

Source: USDA

40%
more lycopene
than tomatoes

15%
Vitamin A

20%
Vitamin C

Nutrition facts:

46 calories

0 g saturated fat

9 g sugar

11 g carbs

*Nutrition is based on 1 cup of diced watermelon