

WATERMELON



IN SEASON

July - October

HOW TO SELECT

Choose a watermelon that seems heavy for its size & is even in color or pattern. The creamy yellow spot on the bottom means it is ripe & ready to eat!

HOW TO STORE

Whole melons can be stored on the counter up to 7-10 days or 2-3 weeks in the fridge. Cut watermelon can be refrigerated in an air-tight container or covered with plastic wrap up to 3-5 days.

HELPFUL TIP

Try thumping the watermelon to see if it is ripe. If it makes a hollow noise it is ripe and ready to eat!

WATERMELON SALSA

WATERMELON



Nutrition Facts

Serving size: 1/4th recipe (96g)

Servings Per Recipe 4

Amount Per Serving

Calories 30

Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 8g 4%

Dietary Fiber 1g 4%

Sugars 5g

Protein 1g

Vitamin A 8%

Vitamin C 15%

Calcium 2%

Iron 2%



20 MIN | SERVES 4

INGREDIENTS:

- 2 cups **WATERMELON**, diced
- 1/4 cup green onions, finely diced
- 1 Tbsp cilantro
- 1/4 tsp cumin
- 1 lime, juiced

PREPARATION:

1. In a large bowl, combine watermelon, onions, cilantro & cumin.
2. Add lime juice. Mix well.
3. Serve salsa with multi-grain tortilla chips.

TIPS:

1. Add corn, peppers or avocado for additional flavor!
2. For a more intense flavor refrigerate 1-2 hours before serving.