**Watermelons**

1 lb of whole watermelon = 1 and 1/2 cups of watermelon that can be eaten.

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**Why Should I Eat Watermelons?**

- Lots of Vitamin C – good for bones and helps heal wounds.
- Has Thiamin (Vitamin B1) - Helps us make energy.
- Has Riboflavin (Vitamin B2) - helps us digest foods.
- Contains Lycopene – may prevent prostate cancer, Alzheimer’s and macular degeneration (loss of vision).

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**How Do I Know I Have Good Ones?**

- Whole melons should have a round shape and a smooth and fairly bright outside skin.
- The outside skin should be hard and will vary in the color of green. If it has yellow, do not use it.
- The inside should be deep pink or bright red with more brown seeds than white seeds. Or it may be seedless.

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**How Should I Handle Them At Home?**

- Store in a fairly cool place, like inside the house. Should keep for 1-3 wks.
- Do not put it in direct sunlight or anywhere there is a lot of heat or very cold temperatures.
- Once the melon is in the refrigerator, it must stay there until eaten.
- Sliced melon MUST be refrigerated or on ice all the time.
- To save space in the refrigerator cut, slice, and peel watermelon. Tightly wrap slices in plastic or keep in covered plastic container.

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**Distributed by:** Feeding America Tampa Bay

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## Cooking with Watermelon

### Breakfast a Go Go

**Serves 1 Person**

- 1/3 cup of low fat granola
- 3/4 cup of watermelon cut in small chunks
- 5 ounces of low fat banana yogurt

1. In a large cup, layer the ingredients;
   First layer: low fat granola
   Second layer: watermelon
   Third layer: yogurt
2. Continue the layering until it reaches the top of the glass.
3. Eat on the run!

Source: watermelon.com

### Chicken Salad with Melon and Peaches

**Serves 4-6 People**

- 3 cups of chopped, cooked chicken
- 1 cup of plain low fat yogurt
- 1/2 cup of lite mayonnaise
- 1 tsp of dried dill leaf
- 1 Tbsp lemon juice
- 1 can of peaches
- 2 cups of chopped and seeded watermelon

1. Mix together chicken, yogurt, mayo, dill, and lemon.
3. Add the watermelon and peaches to chicken mixture. Mix again.
4. Serve by itself, on a sandwich, or on a bed of salad greens or lettuce.

Source: watermelon.org

Note: Canned pineapple chunks would also be good instead of peaches.

### Watermelon Pie A La Mode

**Serves 6 People**

- 6 slices of pie shaped slices of pound cake
- 6 pie-shaped slices watermelon - same size as cake slices
- 6 scoops of vanilla frozen yogurt

1. Place the cake slices on six dessert plates.
2. Top each cake slice with a watermelon slice.
3. Place a scoop of frozen yogurt on top of the watermelon slice.
4. Serve.

Source: Watermelon.org