

Watermelon

Enjoy

ALL

year

long!

"OOH IT'S SO GOOD!!"



Recipes • Carvings • Kids • Health

Watermelon

Mozzarella Watermelon Sliders

Watermelon and fresh mozzarella make the perfect filling for these party-sized sandwiches

- 1¼ cups honey Dijon mustard
- 8 small Hawaiian or soft pumpernickel rolls, split
- 8 slices mozzarella cheese (about ¼ inch thick)
- 8 slices seedless watermelon cut the same size as the cheese, drained to remove excess moisture
- 8 slices smoked deli ham (optional)
- 1 cup fresh alfalfa sprouts (optional)

Spread mustard on each of the cut sides of the rolls. Place a slice of cheese and watermelon on top of each roll bottom and divide the ham and sprouts, if desired, over watermelon slices. Replace the tops of the rolls.



Servings: 8 appetizer sandwiches

Watermelon Stacked Pancakes

Fresh-tasting watermelon layered with hot-off-the-grill pancakes is always welcome

- ½ cup maple syrup
- 1 tablespoon butter
- 3 (6-inch) hot pancakes
- 1½ cups minced seedless watermelon

Heat maple syrup with butter until butter melts. Place a hot pancake on a warmed plate and top with ⅓ of the syrup and ⅓ of the watermelon.

Repeat two more times, with the syrup and watermelon topping the remaining two pancakes.



Always a family favorite at picnics and s
availability, great taste, versatility and
ingredient in so m

Watermelon Nutrition 101

The nutritional benefits make it a very smart choice for healthy meal planning!

- ✓ **Cholesterol-Free:** Now that's good news.
- ✓ **Multivitamin:** Did you know that 2 cups of watermelon is an excellent source of vitamins A and C, as well as a good source of vitamin B6? Watermelon is also chock-full of potassium, fiber, the antioxidant lycopene and the amino acid citrulline.
- ✓ **Low-Sodium:** Health experts prefer that we enjoy a diet low in sodium.
- ✓ **Great for Weight Loss:** We like to say "spoil your appetite with a slice of watermelon" because at 92% water, watermelon is filling and satiating.
- ✓ **Virtually Fat-Free:** It's hard to believe that something that tastes this good can be virtually fat-free.

Watermelon Cranberry Sauce

Fresh watermelon chunks add excitement to this homemade cranberry sauce and will make it the talk of your table at the holidays and any time

4 cups fresh cranberries

½ cup sugar

Juice of 1 lemon

Zest of 1 lemon

Dash of ground cinnamon

1 teaspoon vanilla extract

½ cup maple syrup

2 cups minced watermelon

In a 3-quart saucepan, combine cranberries, sugar, lemon juice and zest, cinnamon and vanilla over medium-low heat. Simmer gently for 15 to 20 minutes, or until cranberries are tender, stirring occasionally. Reduce heat to low and add

maple syrup. Simmer another few minutes. Remove from heat and let rest for 10 minutes. Stir in watermelon and serve warm, or chill until ready to serve.



summer parties. Today, with its year-round
so many health benefits, it's the perfect
many of our recipes!

Roast Pork with Watermelon Compote

Tender and juicy pork tenderloins become fun and fancy with our irresistible watermelon compote

Watermelon Compote

- 3 cups watermelon chunks
- 6 apples, peeled, cored & thinly sliced
- 3 cups apple juice
- 1 cup water
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Roast Pork

- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 1 tablespoon chopped parsley
- 2 pork tenderloins (about 2 ½ pounds total)



Serves: 6

1. In a soup pot, combine watermelon compote ingredients. Bring to a boil over high heat. Reduce heat to low and simmer 50 to 60 minutes, or until liquid has evaporated and sauce has thickened, stirring occasionally.
2. Preheat oven to 375°F. Coat a 9" x 13" baking dish with cooking spray. Place pork in baking dish. In a small bowl, combine remaining ingredients; mix well then rub evenly over entire pork tenderloins. Roast for 20 to 25 minutes, or to desired doneness. Slice and serve with the watermelon compote.

Did you know ?

"A whole watermelon can feed up to 3 dozen people, whether in cubes, slices or used in one of various watermelon recipes at breakfast, lunch, dinner... and even happy hour!"



Craving for a Carving?



Mr. Food's Favorite Carving A Tasty Solution!!

Watermelon Tea Pot

1. Using a round watermelon, slice off a piece approximately 1½ inches down on the stem end.
2. Cut the small, round cover handle out of the center of this piece by using a small round cookie cutter or cut by hand. Place the remaining larger "ring" on the serving plate to act as a base and place the whole watermelon on top of it, cut side down.
3. Slice off approximately 4 inches from the other end of the watermelon and set aside. Using a melon baller, scoop out the watermelon flesh and set aside.
4. Slice the 4-inch thick watermelon piece in half lengthwise, making two 2-inch round pieces. Use the round end piece for the tea pot cover.
5. Lay the remaining melon slice down and cut in half, making the handle and spout out of each half. Scoop out the red flesh. Make decorative cuts in the rind of the handle piece with a melon baller and fill with melon balls.
6. You may need to trim the spout and handle pieces so they fit flat against the melon. Attach with sturdy, round toothpicks.



“NOT JUST for Picnics anymore”

Watermelon is a great anytime, anywhere snack!
Pack it in your kid's school lunchbox or take
a bag of chunks to the office.



Ice Cream Cone Sundaes

The perfect fun kids' treat for a backyard bash or kids' party. Won't melt in your hands like the traditional ice cream cone...refreshing & fun without the mess!

- 8 natural cake ice cream cones
- 8 tablespoons cream cheese frosting
- ½ cup dried raisins
- ½ cup vanilla yogurt
- 8 scoops seedless watermelon

1. Pipe one tablespoon frosting into the bottom of each cone.
2. Divide raisins over frosting.
3. Top the raisins with yogurt.
4. Place an ice cream scoop of watermelon on each cone and serve



Note: Top with pineapple bits and sprinkles, if desired

Serves 8



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