

# Watermelon.

Healthy and Delicious. Everyday!



Recipes

Carvings

Kids

Health



National Watermelon Promotion Board

[watermelon.org](http://watermelon.org)

# Watermelon. Healthy & Delicious. Everyday!



Watermelon has long been such a favorite at family picnics and summer parties that we often only think to have it on those occasions. But, watermelon is a great ingredient in many recipes; serves as a beautiful, carved serving basket for buffets and parties; and is a great anytime/anywhere snack. There are so many ways to enjoy watermelon all year long.

Watermelon's nutritional benefits make it a smart choice for your meal planning. Here are some watermelon health facts that many people don't know.

Watermelon . . .

- is the lycopene leader among fresh fruits and vegetables.
- contains more lycopene than fresh tomatoes.
- contains 15 to 20 mg of lycopene per 2-cup serving.
- gets its red color from lycopene, an antioxidant.
- is cholesterol free.
- is virtually fat free.
- is very low in sodium.
- is an excellent source of vitamins A, B6 and C.
- is a natural hydrator. Watermelon is 92 percent water and a great way to make sure everyone is getting enough fluids.

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# Recipes for Any Time of Day, Any Day of the Year!

## Watermelon Benedict

- 1 1/2 cups low-fat granola of choice
- 1/3 cup honey at room temperature
- 4 to 6 (3-inch round and 3/4-inch thick) circles of seedless watermelon
- 4 to 6 (1/2-inch thick) slices of peeled kiwi fruit
- 1 cup low- or non-fat creamy lemon yogurt
- 2 or 3 purple grapes, sliced in halves, seeded, for garnish

Mix the granola with the honey by drizzling the honey evenly over the granola as you stir. On a serving plate, make 3-inch circles of granola in even thickness, dividing the granola/honey mixture evenly among the servings.

Top each of the granola circles with a watermelon slice and place a slice of kiwi on each watermelon circle. Spoon the yogurt over the kiwi and watermelon as though it were hollandaise sauce on eggs benedict. Top each watermelon benedict with a grape half; as a garnish reminiscent of the olive slice on eggs benedict.



## Watermelon Donuts

- Watermelon slices shaped like donuts
- Sour cream
- Sugar to taste
- Vanilla to taste
- Slivered almonds

Cut out donut shapes from 1 1/2-inch thick slices of seedless watermelon. Sweeten sour cream with sugar and a touch of vanilla to taste. Frost half of the watermelon donut slices and sprinkle with almonds. Add another layer of watermelon slices and top with sweetened sour cream. Sprinkle toasted slivered almonds and serve.

# More Recipes

## Grilled Chicken and Watermelon Sandwich

- 1 9- or 10-inch round herbed focaccia
- 5.2 ounces of Boursin cheese
- 2 or 3 grilled skinless boneless chicken breasts, sliced
- 3 or 4 thin slices seeded watermelon
- ¼ cup sesame seeds
- 2 or 3 ounces baby arrugula

Split the focaccia through the center as for a sandwich and spread the Boursin over the cut sides of the bread. Arrange the chicken over the Boursin on the bottom piece of bread. Sprinkle the sesame seeds over the watermelon and grill it quickly over hot coals just to warm. Arrange in an even layer over the chicken and top the watermelon with the arrugula. Place the top of the bread, Boursin side down, over the arrugula. Cut sandwich into halves or quarters.



## Roasted Pepper Watermelon Salsa

- 1 onion, peeled and sliced
- 2 cloves garlic, chopped
- 3 Anaheim peppers, split, seeded and chopped
- 2 jalapeno peppers, seeded and chopped
- 2 tablespoons vegetable, olive or canola oil
- 1 cup tomato sauce
- 1 tbsp. ground cumin
- 1 teaspoon Ancho chili powder or to taste
- Juice from 2 fresh limes
- 2 cups minced seedless watermelon
- Salt and pepper to taste

Sauté the onion, garlic and peppers in the vegetable

oil in a heavy sauté pan over medium high heat until they begin to toast and the peppers' skin blisters. Reduce heat and stir in the tomato sauce, cumin and chili powder. Bring to a simmer and remove from heat. Cool until just warm and place in a blender with the lime juice. Pulse and then blend briefly to chop the contents finely. Pour the contents of the blender into a heatproof bowl and chill. When ready to serve, stir in the watermelon and any watermelon juice into the tomato pepper mixture. Season with salt and pepper.

# More Recipes

## Watermelon Hawaii

- 1 cup macadamia nuts
- 2 bananas
- 1 small papaya
- Juice from 4 fresh limes
- 3 cups seedless watermelon balls or small squares
- 2 cups fresh pineapple chunks
- 1 cup freshly grated or unsweetened coconut
- 3 cups low-fat vanilla flavored yogurt
- 1/3 cup papaya seeds

Place the macadamia nuts in a food processor fitted with a steel blade and pulse briefly to chop them into large pieces. Then, place in a non-stick heavy sauté pan and toast over medium heat just until they turn golden, stirring constantly. Remove them to a heatproof dish and allow them to cool. Peel and cut the bananas and papaya flesh into small chunks and toss them in the lime juice. Place banana and papaya chunks in a large glass bowl with watermelon, pineapple and coconut. In another bowl mix together the yogurt and the papaya seeds. Pour over the fruit and coconut. Toss to combine. Place in a serving bowl or coconut shells. Sprinkle the nuts over the top and serve immediately.



## Shrimp Watermelon Sate

- 1/2 cup seasoned rice vinegar
- 1/2 cup chunky peanut butter
- 1 tsp. minced fresh garlic
- 1 tbsp. minced fresh ginger
- 1 tsp. soy sauce or to taste
- 1 couple of dashes of hot pepper sauce or to taste
- 16 jumbo shrimp, cleaned, poached and chilled
- 16 (2-in) cubes seedless watermelon
- Fresh basil leaves or baby romaine leaves for garnish



Slowly blend the seasoned rice vinegar into the peanut butter until completely blended. Stir in the garlic, ginger and soy sauce until mixed well. Season with hot pepper sauce to taste. Pour all but 2 tbsp. of the dressing over the shrimp and toss to coat them well. Chill for 1 hour. To serve, alternate shrimp and watermelon cubes on 4 skewers and baste with the remaining dressing. Serve over fresh basil leaves or romaine leaves.

## Watermelon Pyramids

- 8 1-inch thick slices watermelon
- 4 1-inch thick slices pound cake
- 4 1-inch thick slices peeled kiwifruit
- 1 recipe quick caramel sauce (see below)
- Dark and white chocolate shavings for garnish
- 4 slices Carombola fruit

Cut four 4-inch x 4-inch and four 2-inch x 2-inch squares of watermelon. Cut four 3-inch x 3-inch square slices of pound cake. Cut four 1-inch x 1-inch squares of kiwifruit.



On each of four dessert plates, place 1 slice of the largest watermelon squares. Then, on each square place a slice of pound cake, and then place a smaller watermelon square. Top each with a slice of the kiwifruit. Drizzle the warm caramel sauce over the pyramids and then garnish with the chocolate shavings and a carombola fruit. Serve immediately.



### Quick Caramel Sauce

- 4 tablespoons butter
- 1-1/2 cups brown sugar
- 1 teaspoon vanilla
- 1/4 cup heavy cream

In a 1-or 2-quart saucepan over medium heat, melt the butter and brown sugar, and then stir in the vanilla and cream.

## Watermelon Mango Margarita

- 2 cups chopped seedless watermelon
- One ripe mango
- Juice from 2 fresh limes
- 1 tablespoon sugar
- 1 tablespoon triple sec
- 2 jiggers tequila
- 2 cups ice

Place all ingredients in a blender and puree until smooth.

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# Kids and Watermelon - What a Great Combination!



## Frosted Watermelon

- Seedless watermelon cut into 1/2- to 3/4- inch thick slices
- Yogurt
- Granola or similar cereal

Using your favorite cookie cutters cut shapes out of a 1/2- to 3/4-inch thick slices of seedless watermelon. Or, if you prefer, use classic cut watermelon wedges. Frost with vanilla or other flavor yogurt. Sprinkle with granola or cereal.



## Watermelon Dippers

- 8 oz. sour cream
- 1 teaspoon vanilla extract
- 4 tbsp. sugar
- Watermelon sticks or small wedges

Blend together the sour cream, sugar and vanilla in a small serving bowl. Use as a dip for the watermelon.



## Watermelon Pizza Supreme

- 1 (8-to-10 inch round and 1-inch thick) watermelon slice, drained to remove excess moisture
- 1 cup strawberry preserves
- 1/2 cup raisins
- 1 cup sweetened shredded coconut
- 1/2 cup white chocolate chips
- 1/2 cup chopped walnuts

Place the watermelon slice on a serving platter and cut into 6 wedges leaving them in the shape of a pizza. Spread the preserves over the watermelon and sprinkle the toppings over the top.

## Watermelon Roll Ups

- 12 pre-made or purchased crepes
- 2 tablespoons cinnamon sugar
- 12 (1-inch by 8-inch) seedless watermelon "logs," drained to remove excess moisture
- Vanilla and lemon yogurt for dipping

Sprinkle one side of the crepes with cinnamon sugar and place a watermelon log at the end of each. Roll them up and serve with the flavored yogurts for dipping.

## Watermelon Sno Cones

- Seedless watermelon
- Sweetened coconut
- Ice cream cones or paper sno cone cups
- Vanilla yogurt
- Sprinkles or jimmies

Using an ice cream scoop, make balls of watermelon and place them in the freezer on a waxed paper-lined cookie sheet for 20 minutes. Remove from freezer and roll in vanilla yogurt and then sweetened coconut, and top with sprinkles or jimmies. Place in an ice cream cone or sno-cone cup and enjoy.



# Great Watermelon Carvings for Your Holiday or Party Table

## Americana Basket

1. Using an oblong watermelon, slice  $\frac{1}{4}$  inch off the bottom lengthwise to provide a stable base.
2. Use a pencil to draw lines for handle placement and basket opening. Cut the handle first, wide enough to hold stars, then make zig-zag cuts with a paring knife, all the way through the rind (be careful to not cut through handle).
3. Carefully remove sections, pull out large chunks of flesh, and cut them into 3" x 3" squares.
4. From squares, trim off  $\frac{3}{4}$ " thick slices to use for cutting out stars. To cut stars use 1  $\frac{1}{2}$ " to 3" star-shaped cookie cutters.
5. Next, cut out 5 large star shaped pieces from the left-over rind, (use a paring knife if necessary), for the handle. Trim off red flesh and attach to basket handle with white side out with half toothpicks.
6. Use an ice cream scoop to remove flesh from inside of basket and cut scoops into quarters for the fruit salad. Place in bottom of the basket.
7. Use a white fleshed melon such as ripe honeydew to cut out white "stripes" for salad.
8. Garnish top of fruit salad with watermelon stars, melon stripes, and blueberries.



## Watermelon Snowman

1. Using one round seedless watermelon and two personal sized watermelons (one larger and one smaller), cut a  $\frac{1}{4}$  inch slice off the bottom of each melon to provide a stable base. Use the smallest melon for the head, the next largest for the torso and the largest for the lower body. Set aside the smallest watermelon.



2. Cut the tops off of the large and medium watermelons, to create bowls. Scoop out flesh, using an ice cream scoop or large spoon.
3. Taking the smallest watermelon that has not yet been cut, scoop out eyes using a melon baller. Invert melon balls and reinsert.
4. Using a mini melon baller or a paring knife, scoop out holes for the nose and mouth. Carve a piece of watermelon into a triangle for the nose, and fill mouth holes with blueberries.



5. Connect all three watermelons on a platter, using large wooden skewers.
6. Insert y-shaped sticks into middle watermelon for arms.
7. Fill bottom sections with fruit salad of melon balls and blueberries. Decorate with scarf and hat.

## Watermelon Fish

1. Using an oblong watermelon, and slice  $\frac{1}{4}$  inch off of the bottom lengthwise to provide a stable base.
2. With a melon baller, cut half circles over half of the top of the watermelon in a rectangular shape and remove the piece. Set aside - this cut out piece will be used for the top fin and the tail.
3. Scoop out the flesh and set aside to use later for salad.
4. Cut out the tail shape and the melon balled fin piece from the rectangular piece set aside earlier. Attach the fin and tail with sturdy, round toothpicks.

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5. Using a melon baller, cut out the eyes. With a knife, trim around the outside of the eye socket to create a rim. Then, place the melon ball back in the eye socket, rind side out.
6. For the mouth, point a paring knife at a downward angle above the stem and slice through 3 inches on either side of the stem, cutting through the rind. Push out the mouth from the inside, to define.
7. For the side fin, cut 3 cuts into the side using the melon baller to make the curves on the back of the fin. Then slice straight cuts to form the top and bottom of the fin.
8. Fill with fruit salad.

## Watermelon Beach Party

1. Using an oblong seedless watermelon, cut a  $\frac{1}{4}$  inch slice off the bottom to provide a stable base.
2. Draw lines in a wave design with a sharp pencil or thin marker approximately one half of the way up and all the way around the watermelon.
3. Scoop out the flesh with an ice cream scoop or a large spoon, and reserve for salad.
4. To create a water scene chill blue gelatin in a small plastic container to make a pool of "water" and place in the watermelon bowl. Fill in around the "water" with fruit salad cut into fun shapes and balls.
5. Arrange new, small, beach-themed toys and small plastic dolls toward the edge of the watermelon bowl to make the beach scene. Garnish the sides with drink umbrellas and plastic palm tree swizzle sticks, and add gummy fish to the top of the salad and gelatin to complete the scene.



# Easy Ideas for Watermelon ...

## Watermelon Syrup

Serve this delicious topping over vanilla ice cream or angel food cake. Mix into sparkling water for a watermelon soda. It's terrific for watermelon martinis or other cocktails.



- 4 cups pureed seedless watermelon
- 1 cup sugar

Place the pureed watermelon and sugar in a saucepan over medium heat and stir while bringing to a simmer. Adjust the heat to maintain a simmer. Stirring occasionally, simmer until the mixture has reduced by one half in volume and becomes syrupy. Remove from heat to cool and then place in a glass bowl or jar, cover and refrigerate until ready to serve. Keeps 5 days in the refrigerator. Makes 2 cups.



## Watermelon Ice Cubes

Puree seedless watermelon and pour into ice cube trays. Freeze and enjoy in your favorite beverages. Adds a light, fruity flavor to beverages from sparkling water to sodas.



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