

Watermelon Buddha Bowl

Fresh Fruit Flavors

When it comes to fresh fruit, watermelon is a top pick in many households.

It's available year-round and makes for a nutritious snack, but its great taste is the reason most people buy watermelon, according to research from the National Watermelon Promotion Board.

Not only is watermelon a tasty snack by itself, it's a great complement to other flavors, making it easy to create flavorful pairings. This sweet take on pizza combines watermelon with a host of other good-for-you ingredients for a delicious treat. Healthy enough for breakfast and sweet enough for dessert, this pizza can make its way into your weekly meal rotation.

For another nutritious option, consider this Buddha bowl featuring watermelon, which contains higher levels of lycopene, an antioxidant, than any other fresh fruit or vegetable. Watermelon is also an excellent source of vitamin C, and it provides vitamin B6 and potassium. It's the perfect sweet addition to balance the savory flavors of this traditional plant-based Buddha bowl.

Each of these recipes leaves plenty of room for personalization; experiment with your favorite flavors to make each dish your own. Also remember that watermelon travels well, so these recipes make for ideal take-along snacks when you're on the go.

Find more fresh, fruity recipes to enjoy any time of year at watermelon.org.

Watermelon Buddha Bowl Recipe

Citrusy Tahini Dressing:

- 3 tablespoons tahini (ground sesame seed paste)
- 1/3 cup fresh-squeezed orange juice
- 1/4 cup rice vinegar
- 1 teaspoon soy sauce
- 1 teaspoon freshly grated ginger
- 1/2 teaspoon salt

Buddha Bowls:

- 2 cups seedless watermelon, cubed
- 4 mini cucumbers, thinly sliced
- 1 cup sweet cherries, pitted and halved
- 2 avocados, sliced
- 2 cups cooked black rice
- 1 cup sliced, toasted almonds

Citrusy Tahini Dressing

To make Citrusy Tahini Dressing: In bowl, whisk tahini, orange juice, rice vinegar, soy sauce, ginger and salt. If dressing seems thick, add more orange juice or water to reach desired consistency.

To arrange Buddha Bowls: Separate watermelon, cucumbers, cherries, avocados and rice in four bowls. Sprinkle with toasted almonds and drizzle with dressing.

Serve immediately.

Source: National Watermelon Promotion Board

Sweet Watermelon♥ Pizza Recipe

All You need:

Greek yogurt
Watermelon, cut to 1-inch thick round slice

Toppings:

Shredded coconut
Mint
Berries, such as blueberries, strawberries
or blackberries
Slivered almonds

Spread yogurt to cover fleshy part of watermelon, leaving room to hold rind. Sprinkle with coconut, mint, berries and almonds, or other toppings, as desired.

Source: National Watermelon Promotion Board

Now you're ready to eat!

Ooo La La...

