Sweet Summertime

SNACK IDEAS

...in the warm summer months, nothing beats spending time together creating fun snacks that make your family’s healthy eating habits a little bit more fun. The summer brings a wealth of fresh fruits to draw inspiration from—especially one of nature’s favorites—watermelon. Its cool, juicy spikes to your senses. Plus, it’s packed with key vitamins and minerals, so it’s a snack you can feel good about serving to your family.

Fabulously Fresh Ideas

Kick off this fun foodie season and make memories with fresh ideas that get the whole family involved. Create a splash at your next barbecue or outdoor party with this adorable Mermaid Tail. Fashioned from watermelon rinds, your family will love to help you create this masterpiece as well as devour it. Need to perk up lunch? Your family will love mixing and matching their own flavor combinations with Watermelon Sandwich Wraps. These healthy, colorful creations are sure to bring about many smiles.

You can find more sweet summertime recipes and ideas at www.watermelon.org.

Mermaid Tail

Cutting board
1 large oblong seeded or seedless watermelon
Channel knife and paring knife
Large bowl and spoon
Scraping brush and vegetable scraper
Cleaned knife
Channel knife and toothpicks
Optional decorations
(Shown at craft stores): Edible turquoise shimmer powder/disco dust, mermaid cookie cutters, light blue or turquoise fabric or mermaid decorations.

1. Wash watermelon under cool running water and pat dry.
2. On cutting board, place watermelon on its side and cut off 4 inches from one end of watermelon to provide a sturdy base. Cut remaining watermelon in half lengthwise.
3. Hollow out both halves of the watermelon with spoon or scoop, reserving watermelon pieces to dice up for serving or cutting out mermaid shapes.
4. Use dry erase marker to trace mermaid tail (found on page 6) lengthwise across one watermelon half. With knife of your choice, carefully trim away to form the outline of mermaid tail. Use the channel knife to form scales and details.
5. For added detail, brush on edible turquoise shimmer powder/disco dust (purchased at cake decorating store or craft store).
6. Use pencil-sized dowels to secure the mermaid tail to top of base. Decorate with edible turquoise powder/disco dust or edible turquoise shimmer powder/disco dust purchased at cake decorating store or craft store.

Wacky Watermelon Facts

- The first recorded watermelon harvest occurred in Egypt some 5,000 years ago.
- Watermelon is the most consumed melon in the U.S., followed by cantaloupe and honeydew.
- Early explorers used watermelons as canteens to store liquids.
- To date, the world’s heaviest watermelon was recorded in 2005 and weighed in at 268.8 pounds.
- Watermelon is made up of 92 percent water.

Watermelon Sandwich Wraps

Tortilla: Wheat, flour, corn, spinach or sun-dried tomato
Salsa: Chive cream cheese, ham, pepper Jack cheese, guacamole, sliced jalapeños
Meats: Turkey, ham, chicken breast, roast beef or pepperoni
Vegetables and other toppings: Watercress, olives, pickled, cucumbers, romaine, red onion, fresh mozzarella, thinly sliced carrots, watermelon, cilantro, basil
Cheeses:
Sauces (marinades and dressings):
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Greek Wrap:
Watermelon Wrap:
Watermelon Caprese Wrap:
Hawaiian Wrap:

Breakfast Push Pops

Diced watermelon chunks
Yogurt of choice
Grains
Push pop molds, sold at most restaurant supply stores
Layer watermelon, yogurt and granola into molds and top with yogurt and watermelon chunks. Freeze push pop molds and enjoy.

Watermelon Strawberry Mint Salsa

1/4 cup diced red onion
3/4 cup diced strawberries
1/2 cup diced mint leaves
1/4 cup mint chutney
1/4 cup mint leaves
1/2 teaspoon sugar (optional, to taste)

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