



Watermelon

Fruit - Gourd

Food Facts

Serving Size ≈ 1 Small Wedge/Slice

- **Timing** - Watermelon is freshest and most flavorful in the summer months.
- **Storage** - Store uncut watermelons at room temperature for up to two weeks. Store in the fridge in airtight container for 3-4 days when cut.
- **Fruits** - Fruits have essential nutrients of which many people do not get enough. Melons have an abundance of Vitamin A, C, & Fiber!



How to Use

- **Freeze it** - Freeze watermelon chunks for a tasty and healthy frozen treat during warmer months.
- **Slice it** - Enjoy chilled watermelon slices as a hydrating snack. Add a sprinkle of salt or a drizzle of balsamic vinegar for a savory twist.
- **Blend it** - Create a refreshing watermelon smoothie by blending chunks with yogurt and a handful of berries.



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Watermelon Salsa

Serves: 8

Ingredients

- 3 cups** - Watermelon seeded, chopped
- 1/2 Medium** - Onion, chopped
- 1/2 Red Bell Pepper** - chopped
- 1 Jalapeño** - seeded, chopped
- 2 tbsp** - Cilantro Fresh, chopped
- 2 tbsp** - Lime Juice
- 1 tsp** - Vegetable Oil



Instructions

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition Facts

Serving Size 0.50 cup
Serving Per Container 8

Amount Per Serving

Calories 28

% Daily Value*

Total Fat 1 g 1%

Sodium 2 mg 0%

Total Carbohydrate 6 g 2%

Dietary Fiber 1 g 4%

Protein 1 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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