



Watermelon Tomato Salad

5 cups seeded watermelon cubes
($\frac{3}{4}$ inch)
3 cups of cubed tomatoes ($\frac{3}{4}$ inch)
 $\frac{1}{4}$ teaspoon salt
1 small red onion, quartered and
thinly sliced

$\frac{1}{4}$ cup red wine vinegar
2 tablespoons extra virgin
olive oil
1 teaspoon black pepper
6 lettuce leaves

Directions: Combine watermelon
and tomatoes in a large bowl.
Sprinkle with salt; toss to coat.
Let stand 15 minutes.

Stir in onion, vinegar, and oil.
Cover and chill 2 hours.

Serve chilled on lettuce leaves,
if desired.

Sprinkle with cracked black
pepper to taste.

Yield: Makes 6, $1\frac{1}{2}$ cup servings

Nutritional Analysis: 100 calories,
5 g fat, 2 g protein, 18 g carbohydrate,
0 mg cholesterol, 105 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your
grocery store, farmers' market, or roadside stand.



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Kentucky Watermelon

SEASON: July to September.

NUTRITION FACTS: Watermelons are low in calories (92 calories for one two-thirds cup serving) and very nutritious. They are high in lycopene, a powerful antioxidant. They are also high in vitamin C, vitamin A, and potassium.

SELECTION: Choose melons with a well-rounded shape and smooth surface. The underside should be creamy yellow. The flesh should be deep red with mature, dark seeds. Also look for yellow-fleshed and seedless melons.

STORAGE: Cut melon should be stored in the

Source: www.fruitsandveggiesmatter.gov

refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks.

PREPARATION: Melons should be washed with soap and water before cutting. The flavor of a watermelon is best when served cold and raw.

WATERMELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Science
University of Kentucky, Nutrition and Food Science students, fall 2009
May 2010

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