



Watermelon Salsa

2 cups chopped seedless watermelon
1 cup fresh blueberries
1 cup chopped cucumber
½ cup chopped onion

½ cup chopped red pepper
½ teaspoon garlic salt
1 teaspoon lime juice
2 tablespoons balsamic vinegar

Combine watermelon, blueberries, cucumber, onion and pepper in large serving bowl. **Sprinkle** with garlic salt. **Toss** to coat. **Stir** in lime juice and balsamic vinegar. **Cover** and **chill** one hour.

Yield: 10, ½ cup servings
Nutritional Analysis:
25 calories, 0 g fat,
0 mg cholesterol, 50 mg sodium,
7 g carbohydrate, 1 g fiber,
5 g sugar, 1 g protein.



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

Kentucky Watermelon

SEASON: July to September

NUTRITION FACTS: Watermelon contains a variety of nutritional benefits for minimal calories. A 2 cup serving provides 90 calories and 25% Daily Value for vitamin C and 30% Daily Value for vitamin A. Watermelon also contains phytochemicals that foster heart health and good vision, boosts the immune system and reduces the risk of some cancers.

SELECTION: Choose melons with a well-rounded shape and smooth surface. They should be heavy and firm. The underside should be a creamy yellow color. The flesh should be deep red with mature, dark seeds.

Source: www.fruitsandveggiesmatter.gov

STORAGE: Cut melon can be stored in the refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks.

PREPARATION: Uncut melons should be washed with cool running water. The flavor of the melon is best when served cold and raw.

KENTUCKY WATERMELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

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