



## Watermelon Tomato Salad

**5 cups** seeded watermelon cubes (¾ inch)  
**3 cups** of cubed tomatoes (¾ inch)  
**¼ teaspoon** salt  
**1** small red onion, quartered and thinly sliced

**¼ 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, 1½ 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.



## 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](http://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  
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