



INGREDIENTS

- 3 cups **watermelon**, seeded and chopped
- 1/2 medium **onion**, chopped
- 1/2 **red bell pepper**, chopped
- 1 **jalapeño pepper**, seeded and chopped (optional)
- 2 Tbsp **cilantro**
- 2 Tbsp **lime juice**
- 1 Tsp **vegetable oil**
- Salt & pepper** (season to taste)

INSTRUCTIONS

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. In a large bowl, mix watermelon, onion, red bell pepper and jalapeño pepper together
3. Add cilantro, lime juice and vegetable oil and mix together
4. Season with salt and pepper to taste and enjoy.

Nutrition Information (per serving): 1/2 cup

Total calories: 28 **Total fat:** 1g **Sat Fat:** 0g

Carbohydrates: 6g **Protein:** 1g **Fiber:** 1g **Sodium:** 2mg

Recipe adapted from eatfresh.org

Photo from eatfresh.org



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Watermelon



UNIVERSITY OF THE DISTRICT OF COLUMBIA
COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY AND ENVIRONMENTAL SCIENCES



A member of the Gourd Family packed with antioxidants, watermelon is one seasonal fruit that deserves the spotlight this summer. Check out health benefits & highlights below.

Choose watermelon this season to boost your Vitamin A and Vitamin C intake for better immune and heart health!

Selection

Look for a firm fruit, with a sweet smell, dull rind, dried stem and a yellow underside where it touched the ground

Did you know?

Watermelons came from Africa and are mentioned in Egyptian writings

Storage

Watermelons can be stored uncut at room temperature for up to two weeks. Once cut, wrap in plastic and store in the fridge for up to 3 days.

Have you heard?

Watermelon is 92% water!

Preparation

Always wash produce before using. To remove entire rind, cut the top and the bottom ends off the melon until you reach the pink flesh. Using a sharp knife, slice from the top to the bottom just where the flesh meets the skin. Cut as desired.

Source: University of the District of Columbia, Center for Nutrition, Diet and Health

This material was federally funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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