

# Watermelon

Good source of Vitamins A and C



## Watermelon Cups

Cut 2"-thick slices from a seedless watermelon. Using a 3-Inch round cutter, press through the watermelon slice, forming a cylinder. Scoop out the center of each cylinder, leaving 1 ½"-thick border, to form a cup, reserving the watermelon centers for another use. Place cups on paper towels, and chill until ready to use. Use for a fruit cup.

## Watermelon Lemonade

1 cup torn fresh mint leaves  
¾ cup plus 1 T. sugar, divided  
4 ¾ cups cold water, divided

5 cups diced seedless watermelon  
1 ½ cups fresh lemon juice, strained

Muddle mint and 1 T. sugar in the bottom of a large pitcher. Simmer remaining ¾ cup sugar and ¾ cup water in a small saucepan over medium heat for the simple syrup. Heat, stirring occasionally until sugar dissolves, 5 minutes; let cool. Puree watermelon in a blender until liquefied. Strain watermelon juice through a course-mesh sieve to remove any seeds or solids. Combine watermelon juice, lemon juice, and simple syrup in pitcher with mint. Add 4 cups cold water; stir until combined. Makes 8 cups.

## Grilled Shrimp with Watermelon Wedges

½ cup seeded, diced red tomato  
1/3 cup seeded, diced yellow tomato  
¼ cup Kalamata olives, pitted and halved  
¼ cup + 2 T. sliced green onions  
½ cup white wine vinegar  
1 tsp. Dijon mustard

5 T. extra-virgin olive oil  
Salt and pepper to taste  
4 slices seedless watermelon wedges, about 1 ½-inches thick  
16 large shrimp, peeled and deveined

Preheat grill to medium-high. Combine red and yellow tomatoes, olives, and green onions in a bowl. Whisk together vinegar, green onions and Dijon and oil in a small bowl until emulsified. Season with salt and pepper, if desired. Pour vinaigrette over tomato mixture; stir to combine and set aside. Grill watermelon and shrimp until melon is marked and shrimp are pink, about 2 minutes per side. Remove from grill. Place a watermelon wedge on each of 4 plates. Top each wedge with 4 shrimp and tomato relish. Makes 4 servings.

## Watermelon Waldorf Salad

2 cups watermelon cubed (about 3/4-inch cubes, seeds removed)  
½ cup celery, sliced  
½ cup seedless red grapes, halved

Dash of salt  
¼ cup nonfat coleslaw dressing  
2 tbsp. sliced almonds, toasted

Stir together watermelon, celery, and grapes in a bowl. Just before serving, stir salt into coleslaw dressing. Pour mixture over fruit and stir until coated. Sprinkle with almonds. Makes 4 servings.

## Watermelon Salad

4 cups cubed seedless watermelon  
Salt to taste  
2 cups arugula  
1 cup sliced cucumber

2 tsp. balsamic vinegar  
2 T. crumbled feta cheese  
Salt and pepper to taste

Sprinkle watermelon with salt and toss with arugula and cucumber; drizzle vinegar over salad. Top salad with feta and season with salt and pepper. Makes 4 servings.

## Grilled Watermelon with Bleu Cheese and Prosciutto

3 (1/2-inch thick) watermelon rounds, quartered  
1 T. Olive oil  
Kosher salt  
Freshly ground pepper

4 oz. thinly sliced prosciutto  
4 oz. bleu cheese, crumbled  
Fresh basil leaves  
2 tsp. bottled balsamic glaze

Preheat grill to 350-400°F. Brush both sides of watermelon quarter with olive oil, and season with desired amount of salt and pepper. Cut prosciutto into thin strips. Grill watermelon quarters, without grill lid, 1 minutes on each side or until grill marks appear. Transfer watermelon to a serving plate; top with bleu cheese, prosciutto strips, and fresh basil. Drizzle watermelon with balsamic glaze. Serve immediately. Makes 4 servings.

## Goat Cheese/Melon Party Bites

½ small watermelon  
1 (4 oz.) goat cheese log  
2 T. chopped fresh basil

½ tsp. coarse salt  
½ tsp. freshly ground pepper

Cut watermelon into 1"-thick slices. Cut slices into 25 rounds, using a 2-inch round cutter. Scoop just enough melon from tops to form indentations, using a melon baller. Stir together 1 (4 oz.) goat cheese log, softened; 2 T. chopped fresh basil; ½ tsp. salt; and ½ tsp. ground pepper. Spoon into indentations. Chill 1 to 2 hours. Garnish with fresh basil and freshly ground pepper. Makes 10-12 servings.

## Grilled Molasses Flank Steak with Watermelon Salsa

3 cups finely diced seedless watermelon, (about 2¼ pounds with the rind)  
2 jalapeno peppers, seeded and minced  
½ cup chopped cilantro, (about ½ bunch)  
¾ cup molasses  
1/3 cup soy sauce  
¼ cup canola oil  
¼ cup fresh lemon juice  
2 T. Worcestershire sauce

¼ cup lime juice  
¼ cup minced red onion, (about ½ small)  
¼ tsp. salt, or to taste  
2 T. grated fresh ginger  
3 garlic cloves, minced  
1 tsp. dried crushed red pepper flakes  
1 (2-lb.) flank steak

Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled. Make Ahead Tip: Cover and refrigerate for up to 1 day. Place next 8 ingredients in a 2-gallon zip-top plastic freezer bag; squeeze bag to combine. Add steak; seal bag, and chill 4-12 hours. Remove steak from marinade, discarding marinade. Preheat grill to 400-450°F. Grill steak, covered with grill lid, 9 minutes on each side or to desired degree of doneness. Remove from grill, and let stand 10 minutes cut diagonally across the grain into thin slices. Season with salt and pepper to taste and top with watermelon salsa. Makes 6-8 servings.

## Watermelon Strawberry Caprese Salad

3 cups cubed watermelon  
2 cups chopped strawberries  
½ cup crumbled feta cheese  
¼ cup extra-virgin olive oil

Kosher salt  
Freshly ground black pepper  
¼ cup fresh basil, torn

In a large bowl, combine watermelon, strawberries, feta and olive oil. Season with salt and pepper and toss to coat. Garnish with basil and serve. Makes 4 servings.