



SDSU

Extension

Watermelon

Lakota: špaŋšniyútapi

- For ripeness, yellow or creamy underside.
- Heavy, hard rind.
- Flesh: deep colored, dark seeds; few white seeds if seedless.
- Store uncut 2 weeks at cool temperature.
- Tightly cover cut pieces and refrigerate 2 to 3 days.
- Rinse whole watermelons with clean water before slicing to remove any bacteria.
- Flavor is best enjoyed raw.
- Tastes best icy cold in fruit smoothies, slushes or simply eaten from rind.

Find more recipes
& videos at
extension.sdstate.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Watermelon Smoothie

Ingredients

- 1 - 8-ounce lemon, fat-free yogurt
- 3 cups cubed, seeded watermelon
- 1-pint fresh strawberries, cleaned and hulled
- 1 tablespoon honey or strawberry jam
- 3 ice cubes

Directions

In a blender or food processor, combine yogurt, watermelon, strawberries, honey and ice cubes. Process until smooth and frothy. Serve in tall glasses with a straw.

Yield 4 servings

Nutrition Facts per Serving:

Calories 140; Fat 0g; Cholesterol 0mg; Sodium 680mg;
Carbohydrates 34g; Fiber 4g; Sugar 26g; Protein 5g

Sources: <http://urbanext.illinois.edu/veggies/watermelon.cfm>

Watermelon Gazpacho

Ingredients

- 4 cups, cubed, seeded watermelon, divided
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 tablespoons chopped onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 tablespoon fresh basil
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{2}$ jalapeño, seeded and chopped, optional

Directions

In a small bowl, mix 1 cup of cubed watermelon and $\frac{1}{2}$ of chopped cucumber. Process remaining ingredients in a food processor or blender until pureed. Transfer all ingredients to a large bowl and stir. Refrigerate until ready to serve.

Yield 4 servings

Nutrition Facts per Serving:

Calories 70; Fat 2g; Cholesterol 0mg; Sodium 0mg; Carbohydrates 13g; Fiber 1g; Sugar 10g; Protein 1g