



**WIC...**

**Healthy Habits,  
Healthy Families**

# Watermelon

Watermelon is a good source of vitamin A and vitamin C. Enjoy watermelon in fruit salads, in fruit platters or as a juicy snack.

Look for North Carolina watermelon from June to August.

## Buying fresh watermelon...

- Select watermelon that is free of bruises, cuts and dents. The rind should have a healthy shine. The underside should be yellow.

## Storing fresh watermelon...

- Keep watermelon for up to 2 weeks at room temperature.

## Enjoying fresh watermelon...

- Wash watermelon with soap and rinse with water before cutting.
- Refrigerate cut watermelon in an airtight container. Use within 5 days.

**Fruits &  
Vegetables**



**Eat more fruits and vegetables.**

**Increase fiber.**

# Watermelon Relish

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This recipe uses three WIC foods: canned black beans and fruits and vegetables you can buy with your cash-value vouchers.

Makes  
4  
servings

## Ingredients...

- 2 cups seedless watermelon, chopped into bite-size pieces
- $\frac{3}{4}$  cup sweet onion, chopped
- $\frac{3}{4}$  cup canned black beans, rinsed and drained
- $\frac{1}{4}$  cup jalapeño chilies, chopped without the seeds
- $\frac{1}{4}$  cup fresh cilantro, chopped
- 1 large clove garlic, finely chopped
- 1 tablespoon brown sugar
- $\frac{1}{2}$  teaspoon salt

## Directions...

1. Stir all ingredients together in a bowl.
2. Cover and refrigerate for at least one hour.
3. Stir before serving.

**NOTE:** For best flavor, eat the watermelon relish within 24 hours.

## Nutrition information...

Calories 90, Fat 0.5g, Carbohydrate 19g, Protein 3g, Fiber 3g, Sodium 490mg, Cholesterol 0mg.

## Family Goals

- My family and I will try watermelon for breakfast.
- My family and I will try watermelon for a snack.
- My family and I will try watermelon in a fruit salad.
- My family and I will try watermelon for dessert.
- Other \_\_\_\_\_



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