



Recipe of the Month

WATERMELON AND TOMATO SALAD

Watermelon

- Watermelon can be traced to Africa and is part of the cucumber and squash family.
- It's refreshing and thirst quenching, with 92 percent water and 87 percent sugar.
- Americans eat 17 pounds of watermelon per year.
- The largest watermelon on record weighs in at 262 pounds.
- Select a ripe melon with a rind with a healthy, overall sheen, a dried stem, and a buttery yellow underside; its weight should be heavy for its size.
- Avoid melons that are very hard and white or pale green on the underside, indicating immaturity.
- Wash watermelons with soap and water before eating to avoid bacterial contamination.

Tomatoes

- There are thousands of varieties but are generally classified as cherry, plum, and slicing tomatoes.
- Tomatoes are members of the fruit family but are eaten as vegetables.
- Tomatoes are an excellent source of vitamin C and vitamin A.
- Cold temperatures damage tomatoes. Never buy tomatoes that have been stored in a cold area.
- Store tomatoes at room temperature (above 55 degrees) until ripened to develop best flavor and aroma.
- Store in the refrigerator for longer periods, but serve at room temperature.

Presentation Plan

Grocery list:

Coarse ground black pepper, red wine vinegar, olive oil, lettuce leaves, salt, red onions, watermelons, tomatoes, (for recipe demonstration and display)

Equipment needs:

Large glass bowl for watermelon, tomatoes and onions, measuring spoons, measuring cup, paring knife, mixing spatula, plastic wrap, basket, small clear bowls for premeasured ingredients

Display preparation:

- Cover display table with a bright tablecloth or placemats for two display areas — one for demonstration and one for finished product.
- Arrange watermelon, tomato varieties, and red onions in a display basket.
- Arrange recipe ingredients in clear display bowls with vinegar, salt, pepper and oil.
- Place colorful plate on charger with lettuce leaf (optional). Add grilled chicken, boiled corn-on-the-cob for display.

Demonstration steps:

1. Discuss focus-commodities and talking points for each fruit.
2. Prepare recipe, discussing function of ingredients to the success of the final product.
3. Add finished salad to lettuce leaf on plate. Discuss menu options such as serving with grilled boneless chicken or steamed corn-on-the-cob.

Watermelon and Tomato Salad

- 5 cups** seeded watermelon cubes ($\frac{3}{4}$ inch)
- 3 cups** of cubed tomatoes ($\frac{3}{4}$ inch)
- $\frac{1}{4}$ teaspoon** salt
- 1** small red onion, quartered and thinly sliced
- $\frac{1}{4}$ 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, 1 $\frac{1}{2}$ cup servings

Nutrition Analysis: *100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.*

Source: www.fruitsandveggiesmatter.gov

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