

Mr. Food
TEST KITCHEN

Watermelon:

Enjoy It All Year Long

30 Easy Watermelon Recipes from Mr. Food



"OOH IT'S SO GOOD!!"[®]

A Free eCookbook from the Mr. Food Test Kitchen



Mr. Food: Watermelon eCookbook

Mr. Food: Watermelon eCookbook

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Mr. Food: Watermelon eCookbook

Dear Friend,

Watermelon conjures up memories of lazy summer days, picnics in the park, and backyard bashes, but now that watermelon is available all year long, we can always enjoy its summer-fresh taste!

If you're wild about watermelon's refreshing sweet flavor, you'll be glad to learn that heart-healthy watermelon wears a lot of tasty hats that go beyond simply juicy slices that we can sink our teeth into. In this free **Mr. Food: Watermelon eCookbook**, we've got a load of exciting watermelon recipes that you can enjoy for every meal of the day.

Imagine savoring this luscious gift from Mother Nature by trying some of our best easy watermelon recipes ever. You won't press the snooze button on the alarm clock when our scrumptious **Watermelon and Yogurt Parfait** is awaiting you for breakfast! No more boring lunches once you try any of our watermelon lunch recipes like **Blue Watermelon Walnut Salad**. Need a thirst-quenching snack? Our icy cold **Watermelon Popsicles** are a cinch! And we've even got ways for you to add a splash of sunshine to your main course recipes, starting with our Asian-style **Sweet and Sour Watermelon Chicken**.

The best part? Watermelon has no fat or cholesterol and is an excellent source of vitamins A, B6 and C, plus it contains fiber and potassium, so you can enjoy it with less guilt. So what are you waiting for? Pick up some watermelon and make mealtime memories with it, 'cause every one of our watermelon recipes is an..."**OOH IT'S SO GOOD!!**"

A handwritten signature in blue ink that reads "Mr. Food".

*P.S. Enjoy this eCookbook packed with 30 easy watermelon recipes plus tips sure to satisfy all year long. Remember, the **Mr. Food: Watermelon eCookbook** is available FREE, with others also available for free download from www.MrFood.com. We have lots more eCookbooks available, so go on, tell your friends to visit MrFood.com, too, so they can get their very own copies FREE!*

Watermelon

Did You Know?

- Sweet, juicy watermelon can add an unexpected crunch to your favorite salad and sandwich.
- Try incorporating watermelon, in place of tomato, since it's the fresh produce lycopene leader.
- Watermelon can add fresh flavor to many types of drink recipes while providing low-calorie, high-nutrient health benefits.
- Watermelon easily blends into many types of beverages from punches, lemonades and smoothies to teas and cocktails that can be accented with herbs and spices.
- Spruce up your spritzers at your next cocktail party. From a swanky soiree to a backyard BBQ, watermelon wine spritzers are just one example of the versatility of watermelon in sophisticated adult beverages.
- Watermelon-based beverages are nutritious, unique, filling and incredibly delicious, with no added sugar!
- A whole watermelon can serve up to 3 dozen people!



We all know it can be hard to find healthy snacks for our kids. Watermelon is chock-full of vitamins, minerals and antioxidants. It's a great hydrator for kids on the go!

watermelon.org



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Watermelon Tips

How to Choose a Watermelon

- Give the watermelon "the once over." Look for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
- Lift it up. The watermelon should be heavy for its size. Watermelon is 92% water, therefore most of the weight is water.
- Turn it over. The underside of the watermelon should have a creamy yellow spot indicating where it sat on the ground and ripened in the sun.

Choosing and Handling Pre-Cut Watermelon

- The flesh of the watermelon should appear dense and firm.
- Refrigerate to preserve maximum freshness.
- Cover the cut surface of a melon with plastic wrap to prevent the flesh from becoming mushy.
- Store chunks of watermelon in covered plastic containers.

Storage and Handling of Watermelon

- Handle your whole watermelon gently, to avoid internal bruising.
- Wash your hands before and after handling watermelon.
- Wash your whole watermelon under running water, rinse well and pat dry.
- Cut the flesh from the rind, and cut into 1-inch cubes.
- Place in covered container and refrigerate immediately.
- Keep cut watermelon refrigerated until consumed, up to 3 to 4 days.

De-seeding a Watermelon

- If you would like to de-seed a watermelon, here's a nice and easy way to do it. And once this is done, the watermelon is ready to dice into chunks for a snack, use in salsa, mix into drinks or anything else you would use watermelon for.
- Be sure to wash your watermelon and knives before cutting into it.
- Cut watermelon in half then in quarters.



- Cut through the flesh of the melon along the seed line with a paring knife. Next, lift off the piece you just cut out.
- Using a fork, scrape the seeds from the piece you just removed and from the remaining flesh on the rind.

Quick Tips for Watermelon Cubes and Wedges

Cutting up a watermelon is faster and easier than you may think! All you have to do is cut it in a grid pattern, almost like you were making a checkerboard on the surface of the fruit. Cubes will tumble out ready to eat.

Quick Watermelon Cubes

- Take a quarter watermelon and lay it on the rind with the interior facing up.
- Place knife about 3/4 inch down from the peak of the wedge. Holding the knife parallel to the far side of the fruit and starting at edge of rind, cut a horizontal line through the fruit all the way down to the rind.
- Next, place the knife blade 3/4 inch lower and make the same cut. Repeat.
- Next, turn the fruit to the other side and make the same horizontal cuts.
- And last, starting at the edge of the rind, make vertical cuts 3/4 inch apart all the way across.
- Cubes will tumble out ready to eat!

Quick Watermelon Wedges

- Take a quarter watermelon and lay it on the rind with the interior facing up. Place knife about 2 inches from end of wedge.
- Cut off the curved end of the fruit. Place knife about 3/4 to 1 inch (or desired thickness) into fruit and cut straight down.
- Repeat until entire quarter is in wedges.



Breakfast

Benedict Watermelon



Don't be fooled by the name. Benedict Watermelon is a refreshing watermelon and yogurt salad combo that looks like a classic Eggs Benedict. Maybe serve it on the side for an eye-catching fruit salad to go with any of your breakfast favorites.

Serves 4

- 1-1/2 cups low-fat granola
 - 1/3 cup honey, at room temperature
 - 4 (3-inch round and 3/4-inch thick) circles of seedless watermelon
 - 4 (1/2-inch-thick) slices of peeled kiwi fruit
 - 1 cup low- or non-fat creamy lemon yogurt
 - 2 purple grapes, sliced in half and seeded, for garnish
1. Mix granola with honey by drizzling honey evenly over granola as you stir.
 2. On a serving plate, make 3-inch circles of granola in even thickness, dividing the granola/honey mixture evenly among the servings.
 3. Top each granola circle with a watermelon slice and place a slice of kiwi on each watermelon circle. Spoon yogurt over kiwi and watermelon as though it were hollandaise sauce on Eggs Benedict.
 4. Top each Watermelon Benedict with a grape half, skin-side up as a garnish reminiscent of the olive slice traditionally found on Eggs Benedict.



Watermelon Stacked Breakfast Pancakes



Your gang will flip over our Watermelon Stacked Breakfast Pancakes! Instead of the same old boring bananas and berries, wake 'em up with layers of fluffy pancakes topped with minced sweet watermelon and drizzled with warm maple syrup. Yum!

Serves: 1

Preparation Time: 5 min

- 1/2 cup maple syrup
 - 1 tablespoon butter
 - 3 (6-inch) hot pancakes
 - 1-1/2 cups minced seedless watermelon
1. Heat maple syrup with butter until butter melts.
 2. Place a hot pancake on a plate and top with 1/3 of the syrup and 1/3 of the watermelon; repeat two more times, with the syrup and watermelon topping the remaining two pancakes.



Watermelon and Yogurt Parfait



Give your gang fair warning that you're whipping up a luscious Watermelon and Yogurt Parfait for breakfast, and we guarantee they won't be pressing the snooze button on the alarm clock. Our scrumptious breakfast or energizing snack will be a hit.

Serves: 1

Preparation Time: 5 min

- 1/3 cup lowfat granola
- 3/4 cup seedless watermelon, cut into small chunks
- 5 ounces lowfat banana or other flavor yogurt

1. In a large, cylindrical glass, to-go cup or plastic cup, create your parfait by layering ingredients in this order: half of the granola (on bottom), half of the watermelon, half of the yogurt, remaining granola, remaining watermelon then remaining yogurt on top.

Watermelon Fun Fact

The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.



Lunch

Blue Watermelon Walnut Salad



Blue Watermelon Walnut Salad is a healthy salad that tastes awesome! A bed of fresh baby greens tossed with crunchy walnuts, crumbled blue cheese and an exciting array of fresh fruit, including lycopene-rich watermelon, makes it easy to eat smart.

Serves: 6

Preparation Time: 10 min

- 1 cup walnut pieces or halves
 - 1/4 cup sugar
 - 1 teaspoon soy sauce
 - 2 cups balsamic vinegar
 - 1 cup sugar
 - 1 sprig fresh rosemary
 - 3 or 4 ounces fresh baby greens
 - 2 seedless oranges, peeled and sectioned
 - 4 cups seedless watermelon cubes
 - 2 cups seedless grapes, halved
 - 2 cups fresh, trimmed and sliced strawberries
 - 1 cup crumbled blue cheese
1. Heat walnuts in a seasoned wok or heavy nonstick skillet over medium heat for 1 minute; stir in sugar and soy sauce. Adjust heat to prevent burning while constantly stirring nuts until sugar melts. Continue to stir and cook until mixture begins to get sticky. Spread nuts over a sheet of waxed or parchment paper, and cool. Break apart into small pieces and crumble; set aside.
 2. In a heavy saucepan, heat vinegar over medium heat then stir in sugar. Continue to stir and adjust heat to bring mixture to a simmer. Add rosemary sprig to pan. Continue to simmer until



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contents of pan reduces by half its original volume; set aside.

3. Divide greens among 6 salad plates and arrange orange sections, watermelon, grapes, and strawberries over greens. Drizzle balsamic syrup over fruit and sprinkle with cheese crumbles. Top with candied walnut pieces, and serve.



Minced Pork and Watermelon Lettuce Wraps



Lettuce wraps are all the rage at Asian restaurants. Make your own at home with our easy recipe for Minced Pork and Watermelon Lettuce Wraps. The minced watermelon adds a novel and refreshing flavor to this healthy and flavorful favorite.

Serves: 4

Cooking Time: 10 min

- 1 pound lean ground pork
 - 1 tablespoon fresh minced garlic
 - 1 tablespoon fresh minced ginger
 - 1 teaspoon soy sauce
 - 1 cup fresh chopped scallions (green onions)
 - 1 cup hoisin sauce
 - 1 cup toasted pine nuts
 - 1 cup minced seedless watermelon
 - 8 large Bibb (or iceberg) lettuce leaves
1. In a heavy, nonstick skillet, brown the pork over high heat until well done.
 2. Reduce heat to medium and add garlic, ginger, and soy sauce. Stir for a few minutes then add scallions. Remove from heat and add hoisin sauce and pine nuts; stir to mix well.
 3. Fold in the watermelon. Divide mixture among lettuce leaves then wrap and serve immediately.



Watermelon and Baby Shrimp Napoleons



These are not bakery Napoleons! Our eye-popping stacked Watermelon and Baby Shrimp Napoleons have unique layers of creamy homemade dill shrimp salad and refreshing watermelon rounds that make a healthy, delicious meal starter or light lunch.

Serves: 4

Preparation Time: 5 min

- 2 cups cooked baby salad shrimp
 - 2/3 cup mayonnaise
 - 1 tablespoon fresh snipped dill
 - 12 (4-inch) seeded rounds of watermelon about 1/2-inch thick
 - 4 large cocktail shrimp
 - 4 sprigs of dill
1. Mix together the shrimp, mayonnaise, and dill. Chill until ready to serve.
 2. To serve, place a round of watermelon on a serving plate and top with a thin layer of shrimp salad. Top with another round of watermelon and then another layer of shrimp salad. Top with another watermelon round. Place a cocktail shrimp on top with a sprig of dill.
 3. Repeat to create 4 napoleons.



Fresh Mozzarella Watermelon Salad



This refreshing twist on an Italian-style Caprese salad is still packing a lycopene punch even without the tomatoes! Yes, the lycopene leader, watermelon, adds a novel taste, texture and flavor to our delicious Fresh Mozzarella Watermelon Salad.

Serves: 6

Preparation Time: 5 min

- 2 cups seeded small watermelon balls (use a melon baller)
 - 2 cups fresh mozzarella pieces
 - 1 cup chopped fresh basil
 - 1 bunch scallions (green onions), trimmed and chopped
 - 1/3 cup extra virgin olive oil
 - Salt and pepper to taste
 - Balsamic vinegar as desired
1. Toss together the watermelon, mozzarella, basil, scallions, and oil. Season with salt and pepper to delete.
 2. Serve over a bed of baby greens. Drizzle with a bit of balsamic vinegar, if desired.

Watermelon Fun Fact

Over 1,200 varieties of watermelons are grown worldwide in 96 countries.



Smoked Salmon and Watermelon Sushi



Sushi-style appetizers and wrap sandwiches are hot! This recipe for Smoked Salmon and Watermelon Sushi is an unusual combo that's sure to add excitement at mealtime.

Serves: 4

Preparation Time: 10 min

- 3 tablespoons mayonnaise
 - 1/2 teaspoon mild curry powder blend
 - 1 tablespoon sweet pickle relish
 - 1 (12- to 16-inch) soft rectangular flatbread or extra large tortilla cut into a rectangle
 - 1-1/2 cups cooked rice, cooled (instant is fine)
 - 4 ounces smoked salmon, torn into pieces
 - 3/4 cup minced seedless watermelon
1. Mix mayonnaise, curry, and relish together and spread evenly over flatbread or tortilla. Sprinkle rice evenly over bread, leaving a 1-inch-wide strip down the length of a long side of the bread without rice and just the sauce exposed. Press down on rice to pack.
 2. Place salmon and watermelon in a compact line (on top of rice) down edge of other long side of bread - on the opposite side from the long side without rice.
 3. Starting with the side of the bread that has salmon, rice and watermelon, roll over the bread to enclose the salmon and seal roll with strip of bread with sauce and no rice, forming a cylinder.
 4. Wrap tightly in plastic wrap and refrigerate 1 hour. Using a sharp, serrated knife, cut cylinder into 2-inch slices, simulating the look of sushi. Arrange on a platter, and serve.



Dinner

Cajun Chicken with Watermelon Mint Salsa



Mmm! Spicy blackened Cajun-style chicken is topped off with a refreshing palate-cleansing Watermelon Mint Salsa. Sounds fancy, but this easy chicken skillet dish and watermelon topper is truly a match of tastes made in heaven.

Serves: 6

Cooking Time: 10 min

- 2 cups chopped seedless watermelon
 - 2 tablespoons lime juice
 - 1 cup diced seeded tomato
 - Seeded jalapeno to taste
 - 1 tablespoon minced fresh cilantro
 - 1 tablespoon minced fresh mint
 - 1/2 cup chopped fresh scallion (green onion)
 - 2 tablespoons vegetable oil
 - 2 tablespoons granulated garlic
 - 2 tablespoons mild chili powder
 - 2 tablespoons ground cumin
 - 2 tablespoons paprika
 - 6 boneless skinless chicken cutlets
1. Make salsa by tossing watermelon, lime juice, tomato and jalapeno together, cover, and refrigerate until ready to serve.
 2. In a large bowl, mix together the cilantro, mint, scallions, oil, garlic, chili powder, cumin, and paprika. Add chicken and coat with the spice mixture.
 3. Heat a nonstick skillet over medium-high heat and place chicken breasts in pan. Blacken on both sides and saute just until cooked through. Top with Watermelon Mint Salsa and serve.



Sweet and Sour Watermelon Chicken



Please everyone's taste buds with our Sweet and Sour Watermelon Chicken. Tangy sweet and sour sauce spooned over chunks of watermelon atop crispy chicken tenders will make a weeknight meal taste like company is coming.

Serves: 6

Cooking Time: 10 min

- 2 pounds hot baked or fried breaded chicken tenders
 - 1 onion, sliced into thin strips
 - 3 tablespoons vegetable oil
 - 2 red bell peppers, seeded and cut into small pieces
 - 2 cups sweet and sour sauce
 - 2 cups seedless watermelon chunks
 - 2 tablespoons toasted sesame seeds
1. Preheat oven to 275 degrees F. Keep chicken tenders warm in a single layer on a baking sheet in oven.
 2. In a 2-quart saute pan, saute onions and peppers in oil then stir in sweet and sour sauce.
 3. Arrange watermelon chunks on a warm serving platter with chicken and pour hot sauce over chicken and watermelon. Sprinkle with sesame seeds and serve immediately.



Kung Pao Watermelon Shrimp



A twist on a classic wok favorite, peanutty Kung Pao Shrimp is brightened by chunks of chopped watermelon to add flavorful excitement. This easy Asian stir fry can be ready in minutes.

Serves: 4

Cooking Time: 10 min

- 2 tablespoons peanut oil
 - 6 garlic cloves, sliced
 - 1-1/2 pounds large shrimp, peeled, deveined, and tails removed
 - 1 cup dry roasted peanuts
 - 1/4 cup teriyaki glaze
 - 1/4 cup honey
 - 2 cups chopped watermelon
 - 2 scallions (green onions), thinly sliced
1. In a large skillet, heat oil over medium-high heat. Add garlic, shrimp, and peanuts, and cook 2 to 3 minutes, or until shrimp turn pink, stirring occasionally. Remove to a bowl and cover to keep warm.
 2. Add teriyaki glaze and honey to skillet, and stir for 1 to 2 minutes.
 3. Return shrimp to skillet and cook 1 to 2 minutes, or until heated through. Remove from heat, stir in watermelon, and sprinkle with scallions. Serve immediately.



Grilled Scallop and Watermelon Mini Kebabs



A refreshing idea for either a summery main dish or entertaining appetizer, poached sea scallops (those are the larger type) are brushed with a flavorful Asian marinade and skewered with watermelon cubes then grilled in a flash to tasty perfection.

Yields: 12 kebabs

Cooking Time: 10 min

- 12 sea scallops
 - 4 cups boiling vegetable or chicken broth
 - 24 watermelon cubes, about 1 x 1-inch
 - 1/4 cup soy sauce
 - 1 tablespoon sesame oil
 - 1 tablespoon minced garlic
 - 1 tablespoon fresh minced ginger
1. Cut scallops in half diagonally, creating half-moon shapes. Place in a casserole dish in a single layer.
 2. Pour boiling broth over scallops and let them poach for 5 minutes. Drain and cool the scallops.
 3. Alternatively skewer 2 half-moon scallops and 2 watermelon cubes using a scallop at the tip to hold each of 12 kebabs securely.
 4. Heat grill to medium. Mix together the soy sauce, sesame oil, garlic and ginger and brush the kebabs as they are grilled for about 90 seconds per side turning once. Serve warm.



Roast Pork with Watermelon Compote



Tender and juicy pork tenderloins become company-fancy with our irresistible watermelon compote. Roast Pork with Watermelon Compote is a lighter meal option, packed with healthy yet flavorful ingredients!

Serves: 6

Cooking Time: 1 hr 15 min

- 3 cups watermelon chunks
 - 6 apples, peeled, cored, and thinly sliced
 - 3 cups apple juice
 - 1 cup water
 - 1 tablespoon honey
 - 1/4 teaspoon ground cinnamon
 - 2 pork tenderloins (about 2-1/2 pounds total)
 - 1 teaspoon onion powder
 - 1 teaspoon garlic powder
 - 1 teaspoon salt
 - 1/2 teaspoon black pepper
 - 1 tablespoon chopped fresh parsley
1. In a soup pot, combine watermelon, apples, apple juice, water, honey, and cinnamon. Bring to a boil over high heat. Reduce heat to low and simmer 50 to 60 minutes, or until liquid has evaporated and sauce has thickened, stirring occasionally.
 2. Preheat oven to 375 degrees F. Coat a 9" x 13" baking dish with cooking spray. Place pork in baking dish.
 3. In a small bowl, combine remaining ingredients; mix well then rub evenly over entire pork tenderloins.
 4. Bake 20 to 25 minutes, or to desired doneness. Slice and serve with the watermelon compote.



Sides

Carrot Pistachio Watermelon Salad



This trio of healthy super food powerhouses makes for one crunchy and refreshing fruit salad. Our Carrot Pistachio Watermelon Salad recipe will surely wake up your taste buds.

Serves: 8

Preparation Time: 5 min

- 1/2 cup blueberry vinegar, or 1/4 cup blueberry juice plus 1/4 cup red wine vinegar
 - 1 teaspoon dried Italian seasoning
 - 1 teaspoon cracked black pepper or to taste
 - 1 tablespoon honey
 - 1/2 cup olive oil
 - 4 cups shredded carrot
 - 4 cups small-cubed seedless watermelon
 - 1 cup roasted, salted and shelled, chopped pistachio nuts
1. Whisk together blueberry vinegar, Italian seasoning, pepper, and honey. Whisk olive oil into mixture in a slow stream, until thickened.
 2. Layer shredded carrot, watermelon, and pistachio nuts in a shallow bowl or deep serving platter. Pour dressing over the top, and serve.

Watermelon Fun Fact

Watermelon is 92% water.



Grilled Spicy Watermelon



Transform watermelon from sweet to savory with this mouthwatering Thai-inspired sauce. Watermelon wedges are grilled until caramelized, drizzled with garlic chili sauce, and garnished with cilantro. What flavor!

Serves: 8

Cooking Time: 5 min

- 1 tablespoon lime zest
 - 1/4 cup lime juice
 - 1/4 cup honey, divided
 - 2 teaspoons garlic chili sauce
 - Pinch of salt
 - 1 medium-sized watermelon
 - 1 tablespoon fresh chopped cilantro
1. Preheat grill to high heat.
 2. In a medium bowl, whisk together lime zest and juice, 3 tablespoons honey, garlic chili sauce, and salt.
 3. Cut watermelon into 1-inch-thick wedges. Lightly drizzle each side with remaining honey and place on grill. Grill until just browned, about 2 minutes per side.
 4. Place watermelon slices on a plate and drizzle with lime dressing. Garnish with cilantro.



Watermelon Salsa



There is no better way to beat the heat of summer than with the cool, refreshing taste of watermelon salsa. Try it on chicken, fish, or just dip chips into this fruity Watermelon Salsa.

Yields: 4 cups

- 2 cups diced watermelon
 - 2 cups diced fresh pineapple
 - 1/2 cup diced red onion
 - 3 tablespoons chopped fresh cilantro
 - 1 jalapeno pepper, diced
 - 1/4 cup lemon juice
 - Hot pepper sauce to taste
 - Salt and pepper to taste
 - Granulated sugar, optional (depending on sweetness of fruit)
1. In a large bowl, combine watermelon, pineapple, onion, cilantro, and jalapeño pepper; toss gently.
 2. Add lemon juice and season to taste with hot sauce, salt, and pepper. If additional sweetness is desired, add a small amount of sugar. Cover and refrigerate until chilled.

Watermelon Fun Fact

Watermelon is a cousin to the cucumber, pumpkin and other types of squash.



Pickled Watermelon Rind



“Waste not, want not” fits this easy recipe for pickled watermelon rind. If you've never tried it, don't knock it! Its sweet and spicy flavor is a hit as a snack, appetizer or a relish for grilled fish or chicken.

Yields: 2 cups

- 9 cups water, divided
 - 4 cups (1-inch) chunks peeled watermelon rind (see Tips)
 - 1 cup white vinegar
 - 3 1/2 cups sugar
 - 3 cinnamon sticks
 - 1/2 teaspoon whole cloves
1. In a large pot, bring 8 cups water and the watermelon rind to a boil over high heat. Boil for 15 to 20 minutes, or until the rind is fork-tender; drain and return rind to the pot.
 2. Add the remaining 1 cup water, the vinegar, sugar, cinnamon sticks, and cloves; bring to a boil over high heat.
 3. Reduce heat to medium, and cook 35 to 40 minutes, or until liquid has thickened slightly, stirring frequently.
 4. Remove from heat and allow to cool. Transfer to an airtight container and chill overnight before serving.

Tips

To prepare watermelon rind for this recipe, cut up a watermelon, separating the sweet pink meat from the white rind. Use a vegetable peeler to peel the green skin off the rind then cut the rind into 1-inch chunks.



Desserts

Watermelon Banana Split



This refreshing eye-catching twist on a banana split features lycopene-rich watermelon scoops in place of ice cream, which is higher in fat and calories. It's a healthy option that scores big points for looks and taste!

Serves: 4

Preparation Time: 10 min

- 2 bananas
 - 1 medium watermelon
 - 1 cup fresh blueberries
 - 1 cup fresh pineapple
 - 1 cup sliced fresh strawberries
 - 1/4 cup caramel fruit dip
 - 1/4 cup honey roasted almonds
1. Peel bananas and cut in half lengthwise then cut each piece in half. For each serving, lay 2 banana pieces against the sides of each of 4 banana split or other shallow dishes.
 2. Using an ice cream scoop, place 3 watermelon "scoops" between the banana slices in each dish. Remove seeds, if necessary.
 3. Top each watermelon "scoop" with a different fruit -- one with blueberries, one with pineapple tidbits, and one with sliced strawberries. Drizzle caramel fruit dip over the top, sprinkle with almonds, and serve.



Red, White and Blue Watermelon Sundaes



Our no-ice-cream-required Red, White and Blue Sundaes are filled with scoops of healthy watermelon and blueberries topped with dollops of whipped topping. They're sure to be a hit for any of your summer gatherings.

Serves: 4

- 4 cups watermelon balls
 - 2 cups fresh blueberries
 - Whipped topping for garnish
 - Red, white, and blue star sprinkles
1. In a large bowl, gently mix together watermelon and blueberries; divide among 4 sundae bowls.
 2. Top each with a dollop of whipped topping and sprinkle with red, white, and blue sprinkles. Serve immediately.

Watermelon Fun Fact

By weight, watermelon is the most-consumed melon in the U.S., followed by cantaloupe and honeydew.



Watermelon Cake



If you've driven through the farmlands of the South, you've most likely seen fields of cotton, tobacco, and plump, juicy watermelons. We thought we'd use some fresh watermelon in this southern recipe for Watermelon Cake. The best part? No seeds!

Serves: 12

Cooking Time: 50 min

- 1 (18.25-ounce) package white cake mix
 - 1 (4-serving) package watermelon-flavored gelatin (see Note)
 - 1 tablespoon all-purpose flour
 - 3/4 cup vegetable oil
 - 1-1/2 cups cubed and seeded watermelon, well drained, divided
 - 4 eggs
 - 1/2 cup (1 stick) butter, softened
 - 1 (16-ounce) box confectioners' sugar
1. Preheat oven to 325 degrees F. Coat two 9-inch round cake pans with cooking spray; set aside.
 2. In a large bowl, with an electric beater on low speed, beat cake mix, gelatin mix, flour, oil, and 1 cup watermelon until well mixed. Beat in eggs one at a time until well blended.
 3. Divide batter between the two pans. Bake 40 to 45 minutes, or until a wooden toothpick inserted in center of each comes out clean. Let cool 10 minutes then invert onto wire racks to cool completely.
 4. In a medium bowl, with an electric beater on medium speed, beat butter and sugar. Gradually beat in remaining 1/2 cup watermelon until smooth.
 5. Place 1 cake layer upside down on a serving plate then frost the top. Place second layer over first and frost the top and sides. Serve, or cover loosely until ready to serve.



Note

If you can't find watermelon-flavored gelatin, you can replace it with strawberry or mixed fruit. With the fresh watermelon in here, either of those flavors should work fine.



Quick Watermelon Shortbread Cookie Crumble



Wow! This fast dessert is one we're betting you've never tried...but once you do, you'll be hooked. Crumbled shortbread cookies topped with bits of watermelon and more cookie crumbles become even more decadent with a dollop of sinful whipped cream.

Serves: 8

Preparation Time: 5 min

- 4 cups crumbled shortbread cookies
 - 4 cups small pieces of seeded watermelon
1. Place half of the crumbled cookies in bottom of a deep 9 x 13-inch baking dish and flatten into an even layer.
 2. Spoon watermelon over that in an even layer. Sprinkle remaining cookies over top. Serve as is or topped with sweetened whipped cream.

Watermelon Fun Fact

The first cookbook published in the U.S. in 1796 contained a recipe for watermelon rind pickles.



Watermelon Snow Cones



Wait 'til you try our fun Watermelon Snow Cones that are simply frozen watermelon balls rolled in yogurt, coconut, and sprinkles then scooped into ice cream cones to enjoy as a hot weather refresher.

Preparation Time: 10 min

- Seedless watermelon
 - Vanilla yogurt
 - Sweetened coconut
 - Sprinkles or jimmies
 - Ice cream cones or paper snow cone cups
1. Using an ice cream scoop, make watermelon balls and place on a wax paper-lined baking sheet. Freeze until firm, no longer than 1 hour.
 2. Remove watermelon balls from freezer and roll in yogurt then coconut; top with sprinkles.
 3. Place each coated watermelon ball in an ice cream cone, and enjoy.



Watermelon Popsicles



This simple recipe for delicious and refreshing watermelon pops is one that the whole family will love. Pureed watermelon is poured into ice pop molds for a frozen fantasy that's good for them, too!

Preparation Time: 5 min

- 1/2 watermelon, seeded and cut into chunks
 - Chunks of fresh fruit, such as grapes, strawberries, or kiwi fruit
1. Puree watermelon and pour into popsicle molds. Drop in chunks of fresh fruit, insert caps, and place in freezer. Serve when frozen.

Watermelon Fun Fact

Listed in the 1998 edition of the *Guinness Book of World Records*, the largest watermelon on record weighed in at 262 pounds.



Watermelon Almond Tart



If you love pies and tarts but those bakery-style crusts love your waistline too much, we have the answer! Our light and flavorful Watermelon Almond Tart recipe is chock-full of a load of healthier ingredients. Indulge and enjoy.

Serves: 6

- 1 cup sliced almonds
 - 1 (3- to 5-inch-thick) slice seedless watermelon (from a whole watermelon), rind removed
 - 1 cup low-fat or nonfat vanilla yogurt
 - 1 cup blueberries
 - 1 cup sliced strawberries
 - 1 tablespoon chocolate flavor syrup
1. In a nonstick skillet, toast almonds over medium heat until golden, stirring constantly to prevent burning. Remove to a heatproof tray or foil to cool.
 2. Cut watermelon slice into 6 to 8 pie-shaped wedges.
 3. Dip curved side of each slice in yogurt then almonds, reassembling the dipped pieces on a round serving platter. When finished, it will look like a pie crust of almonds around the watermelon slices.
 4. Frost top of the reassembled watermelon with remaining yogurt and decorate top with berries. Drizzle with chocolate syrup and serve immediately, or chill until ready to serve.



Patriotic Petits Fours



When we're feeling patriotic, nothing is more all-American than a refreshing slice of watermelon! These novel watermelon-packed Patriotic Petits Fours are a super fresh fruit option to the usual dessert petits fours.

Serves: 12

- 12 (3-inch) cubes seedless watermelon
 - 1/2 cup drained crushed pineapple
 - 8 ounces lowfat cream cheese
 - 1/4 cup confectioners' sugar
 - 1/2 teaspoon vanilla extract
 - 12 candied almonds
 - Raw sugar for sprinkling
1. Arrange watermelon cubes on a serving platter.
 2. Place pineapple on several layers of paper towels and top with more paper towels. Press to remove as much juice as possible.
 3. In a medium bowl, beat together cream cheese and confectioners' sugar until fluffy. Beat in vanilla then mix in pineapple until well combined.
 4. Place pineapple frosting in a resealable plastic bag. Cut off one corner of bag and decoratively pipe frosting onto each watermelon cube.
 5. Place an almond in the frosting of each petit four. Sprinkle with raw sugar and serve immediately.



How to Make an Americana Watermelon Basket



Step-by-Step Instructions:

1. Using an oblong watermelon, slice 1/4 inch off the bottom lengthwise to provide a stable base.
2. Use a pencil to draw lines for handle placement and basket opening. Cut the handle first, wide enough to hold stars, then make zigzag cuts with a paring knife all the way through the rind (be careful not to cut through handle base on either side).
3. Carefully remove sections, pull out large chunks of flesh, and cut them into 3-inch squares.
4. From squares, trim off 3/4-inch-thick slices to use for cutting out stars. To cut stars, use 1-1/2-inch to 3-inch star-shaped cookie cutters.
5. Next, cut out 5 large star-shaped pieces from the leftover rind (use a paring knife, if necessary) for the handle. Trim off red flesh and, using toothpick halves, attach to basket handle with white side out.
6. Use an ice cream scoop to remove flesh from inside of basket and cut scoops into quarters for the fruit salad. Place in bottom of basket.



7. Use a white-fleshed melon, such as ripe honeydew, to cut out white "stripes" for salad. Garnish top of fruit salad with watermelon stars, melon stripes, and blueberries.



Beverages

Watermelon Slush



Why pay for a slushy when you can make your own with our easy recipe for Watermelon Slush? The best part is this recipe uses nonalcoholic margarita mix, so the kids can enjoy it, too.

Serves: 6

Preparation Time: 1 hr 5 min

- 1 (10-ounce) can frozen nonalcoholic margarita mix
 - 3 cups seeded watermelon cubes
 - 2 cups frozen seeded watermelon cubes or ice cubes (see Note)
1. In a blender, combine margarita mix and 3 cups watermelon cubes; process until smooth.
 2. Add frozen watermelon and pulse until mixture is slushy. Serve immediately.

Note

To make frozen watermelon cubes, simply freeze seeded watermelon cubes in a shallow pan for 1 to 2 hours.



Watermelon Champagne Sangria



You'll be the toast of the town when you serve our easy Watermelon Champagne Sangria. Watermelon plus a lively combo of fresh fruit turns a bottle of bubbly into homemade sangria. Raise a glass of colorful and flavorful pizzazz at your next party.

Serves: 6

Preparation Time: 5 min

- 2 cups chopped seedless watermelon
 - 1 seedless orange, peeled and broken into sections
 - 2 bananas, peeled and sliced just before serving the sangria
 - 1 cup seedless grapes, cut into halves
 - 1 bottle dry champagne
1. Toss the fruit together and divide among champagne glasses. Pour champagne over the fruit, and serve.

Watermelon Fun Fact

Did you know that 2 cups of watermelon is an excellent source of Vitamins A and C, as well as a good source of Vitamin B6? Watermelon is also chock-full of potassium, fiber, the antioxidant lycopene and the amino acid citrulline.



Watermelon Daiquiri



Frozen fruit daiquiris shout “party time!” Our Watermelon Daiquiri recipe is a great way to use a whole watermelon when we’re expecting a crowd. This sweet adult beverage can be served minus the alcohol as a slushy if we want to make it kid-friendly.

Serves: 4

Preparation Time: 1 hr 5 min

- 4 cups seeded watermelon cubes
 - 1/2 cup light rum
 - 1/4 cup fresh lime juice
 - 1/2 cup frozen orange juice cubes (see Note)
1. Freeze watermelon in a shallow pan for 1 to 2 hours.
 2. In a blender, combine the frozen watermelon, rum, lime juice, and frozen orange juice cubes; process until smooth then serve.

Note

To make frozen orange juice cubes, simply pour your favorite orange juice into an ice cube tray and freeze.



Watermelon Lemonade



Luscious and rich tasting, our easy blender Watermelon Lemonade recipe is sure to quench even the biggest thirst. Chunks of seedless watermelon make for an exciting flavor option for this favorite summer sipper.

Serves: 12

Preparation Time: 5 min

- 3 cups seedless watermelon chunks
 - 8 cups water
 - 1 cup lemon juice
 - 3 cups sugar
1. Place watermelon in a blender and process until smooth.
 2. Pour watermelon puree into a large pitcher, add remaining ingredients, and stir until sugar has dissolved. Serve over ice or chill until ready to serve.

Note

Garnish with lemon or watermelon slices.



Mr. Food: Watermelon eCookbook

Mr. Food: Watermelon eCookbook

Free eCookbook from www.MrFood.com

Included in this eCookbook:

30 recipes and tips to make a variety of exciting watermelon dishes year-round:

- Minced Pork and Watermelon Lettuce Wraps
- Sweet and Sour Watermelon Chicken
- Carrot Pistachio and Watermelon Salad
- Red, White and Blue Watermelon Sundaes

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