



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Watermelon - a Year-Round Snack!

With many valuable nutrients and tons of hydration, watermelon should be a year-round staple in every shopping cart. The entire watermelon can be consumed (including the rind), leaving nothing to waste! Watermelon.org has plenty of recipes and great information about the value of watermelon in a balanced diet. Here are a couple recipes that would be great to stockpile for back-to-school menu plans!

Scan to learn about watermelon's nutrient powerhouse!



Watermelon Breakfast Parfait

Ingredients:

- 3/4 cup watermelon chunks
- 1/3 cup granola
- 5 oz. yogurt (any flavor)

Directions:

1. In a tall glass or to-go container, layer the ingredients in the following order:
1/2 of the granola,
1/2 of the watermelon chunks,
then 1/2 of the yogurt.
2. Repeat a second time to create two layers of each ingredient.

Recipe (edited) and image courtesy of Watermelon.org.



Fish Tacos with Watermelon Guacamole

Ingredients:

- 1-1/2 cups diced watermelon
- Dash salt to taste
- 2 medium avocados, peeled and chopped
- 2 Tbsps. lime juice
- 2 tsps. diced jalapeño pepper (or to taste)
- 1/3 cup cilantro, chopped
- 2 medium garlic cloves, minced
- 1 can (4-oz) diced green chilis, drained
- 1-1/2 lbs. white fish
- Dash chili powder
- Dash salt to taste
- 14 corn tortillas
- 3-4 cups coleslaw mix
- 3/4 cup salsa
- 1 cup diced watermelon

Directions:

1. Guacamole: In a medium bowl, mash avocado to a mix of smooth and chunky. Add lime, jalapeno, cilantro, garlic, and chilies and mix thoroughly. Add watermelon and salt (if desired) and toss. Cover and refrigerate to let flavors blend.
2. Heat oven to 350°F. Spray a baking sheet with cooking spray. Place fish on the sheet and sprinkle with chili powder and salt. Bake for 12 - 20 minutes (depending on thickness of fish) or until barely cooked through. Remove from oven and cut into pieces.
3. Heat tortillas on a grill or griddle. Top each with a few pieces of fish, 1/4 cup cabbage mixture, a heaping spoonful of guacamole, some salsa, and a few pieces of diced watermelon.

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