

It's Watermelon Time!

Watermelon Slaw

Makes 4 servings

Per serving: 50 calories, 0 g fat; 1.6 g fibre



Ingredients:

4 - 5 cm (2") watermelon wedges
1 - 10 cm (4") piece seedless English cucumber, peeled
1 large apple, cored, sliced, and cut into thin strips
15 ml (1 tablespoon) + 5 ml (1 teaspoon) lemon juice
Sugar substitute to taste (optional)

Preparation:

1. Remove and discard rind from watermelon wedges; cut melon into thin strips and place in 2.3 liter (2-quart) glass or ceramic bowl.
2. Cut cucumber in half lengthwise, then into thin strips. Add to bowl with watermelon.
3. Add apple, lemon juice, and sugar substitute to melon mixture; toss gently. Refrigerate, covered, at least ½ hour before serving

Watermelon Benedict

Makes 4 servings

Per serving: 227 calories, 1.7 g fat; 2.6 g fibre



Ingredients:

60 ml (¼ cup) honey (room temperature)
250 ml (1 cup) low-fat granola (any variety)
4 - 7.5 cm (3") round and 2 cm (¾) thick circles of seedless watermelon
4 - 1.25 cm (½") thick slices of peeled kiwi fruit
250 ml (1 cup) low-fat or nonfat creamy lemon yogurt
2 purple seedless grapes, sliced into halves, for garnish

Preparation:

1. In small mixing bowl, drizzle honey evenly over granola, stirring well to combine. Using ¼ of the granola mixture for each circle, on each of 4 plates form a 7.5 cm (3") circle resembling a hockey puck.
2. Top each of the granola circles with a watermelon slice, then a kiwi fruit slice. Spoon yogurt over the kiwi fruit slice, allowing it to spill over the edges as though it were hollandaise sauce on eggs Benedict. Garnish each serving with a grape half, skin side up, as a garnish.

Chicken with Watermelon Salsa

Makes 4 servings

Per serving: 190 calories, 5.5 g fat; 0.7 g fibre



Ingredients:

Chicken
10 ml (2 teaspoons) canola oil
5 ml (1 teaspoon) fresh lime juice
4 - 125 g (4oz) boneless skinless chicken breast
Watermelon Salsa
500 ml (2 cups) diced watermelon
125 ml (½ cup) diced yellow bell pepper
45 ml (3 tablespoons) chopped fresh cilantro
30 ml (2 tablespoons) fresh lime juice
15 ml (1 tablespoon) diced red onion

Preparation:

1. To prepare chicken, in cup or small bowl combine oil and lime juice; brush chicken breasts with oil mixture. Grill or broil chicken until cooked through and juices run clear.
2. Meanwhile, in medium bowl combine salsa ingredients, mixing well.
3. Place 1 cooked chicken breast on each of 4 plates; top each with ¼ of the salsa.

Thai-Style Watermelon Fruit Medley

Makes 4 servings

Per serving: 127 calories, 3.5 g fat; 2.5 g fibre



Ingredients:

500 ml (2 cups) watermelon chunks (seeds removed or seedless)
500 ml (2 cups) honeydew melon chunks
30 ml (2 tablespoons) fresh lime juice
15 ml (1 tablespoon) brown sugar
1 ripe medium banana
30 ml (2 tablespoons) shredded coconut
30 ml (2 tablespoons) chopped peanuts

Preparation:

1. In large bowl combine watermelon chunks, honeydew chunks, lime juice, and sugar, tossing well.
2. Peel and slice banana; add to melon mixture and toss well.
3. Fold in coconut and peanuts; divide mixture evenly into 4 small bowls.