



Watermelon



“Cool off this Summer with a Juicy and Tasty Treat”

Nutritional Benefit:

- 1 cup cubed watermelon has only 50 calories.
- Watermelon is an excellent source of vitamin B6, vitamin A and vitamin C.

How to Pick, Store, & Prepare:

- Choose firm watermelons, free of cracks, bruises, and soft spots.
- Choose a watermelon that is heavy for its size.
- Ripe watermelon will have a dull rind and a buttery yellow underside.
- Store uncut watermelons in the refrigerator, if possible, for up to 1 week.
- Cut watermelon should be tightly wrapped, refrigerated and used within a few days.
- Wash the outside of the watermelon before slicing.

How to Increase Consumption:

- Watermelon is a tasty treat on a hot summer day. Serve cold, either in wedges, cubes or made into melon balls.
- Mix watermelon with other fresh fruits for a refreshing summer fruit salad!
- Mix chopped watermelon, red onions and bell peppers to make a fruit salsa. Serve with tortilla chips.

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Bell Peppers



“Ring the Bell to Announce that Peppers are Delicious”

Nutritional Benefit:

- 1 cup chopped bell peppers has only 40 calories.
- Bell Peppers provide vitamins A & C and fiber.

How to Pick, Store, & Prepare:

- Choose peppers with firm skin and free of wrinkles. The stem should appear fresh and green.
- Avoid peppers with sunken areas, slashes or black spots.
- Store unwashed bell peppers in a plastic bag in the crisper drawer of the refrigerator for up to 1 week.
- Wash peppers just before serving. Using a paring knife gently remove the stem and seeds.
 - Peppers can be cut into various shapes and sizes.

How to Increase Consumption:

- Add sliced peppers to a tossed salad, sandwich, or vegetable tray.
- To grill peppers wash, remove seeds and stem, cut into strips that will lie flat. Grill peppers over intense heat until skin is well blistered and puffy, turning frequently.
- For a little variety, serve stuffed bell peppers as the main course.
- Finely chopped bell peppers are a great addition to omelets, spaghetti sauce, and as a topping on homemade pizza.

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Watermelon Recipe



Watermelon Salad

Serves 6 (about $\frac{3}{4}$ cup each)

- 2 $\frac{1}{2}$ cups seeded and diced watermelon
- 1 cup crushed pineapple, drained
- 1 cup minced sweet onion
- $\frac{1}{4}$ cup chopped cilantro
- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ tsp. hot sauce



In a large bowl, combine watermelon, pineapple, and onion. In a small bowl, stir together cilantro, juice and hot sauce. Combine cilantro mixture with watermelon mixture. Cover and refrigerate at least 30 minutes to allow flavors to blend.

Per serving: 50 calories, 0 g fat, 1 g protein, 14 g carbohydrate, 1 g fiber, 0 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved



Bell Pepper Recipe



Bell Pepper and Tomato Salad

Serves 6 (about $\frac{3}{4}$ cup each)

- 3 medium tomatoes, seeded and chopped
- $\frac{1}{2}$ cup chopped green pepper
- $\frac{1}{2}$ cup chopped orange pepper
- 1 celery rib, thinly sliced
- $\frac{1}{2}$ cup chopped red onion
- 2 Tbsp. cider vinegar
- 1 Tbsp. sugar
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper



In a large bowl, combine tomatoes, peppers, celery and onion. In a small bowl, combine vinegar, sugar, salt and pepper. Stir vinegar mixture into vegetables. Cover and refrigerate at least 2 hours to allow flavors to blend.

Per serving: 35 calories, 0 g fat, 1 g protein, 7 g carbohydrate, 2 g fiber, 200 mg sodium

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<http://www.getactivewisconsin.org/>

(Click La Crosse County, click Get Healthy Eating)