

## Produce of the Month

### SHOPPER TIPS

Look for a firm fruit, with a sweet smell, dull rind, dried stem, and a yellow underside where it touched the ground.

- Avoid fruit that has cracks, soft spots, mold, or a white or very light green color on the underside.

### WHAT'S IN IT FOR YOU?

- An excellent source of vitamin C.
- A source of vitamin A.

### SERVING IDEAS

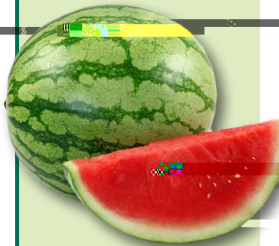
- Replace the tomato in your favorite salsa recipe with diced watermelon for a sweet and spicy snack.
- Blend equal amounts of watermelon and water with a splash of lime juice to make a cool Mexican drink called agua fresca.

### PEAK SEASON

- Available year round, peak season is June through October

### STORAGE

- Watermelons can be stored uncut at room temperature for up to two weeks.



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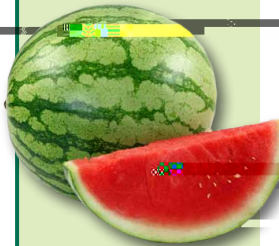
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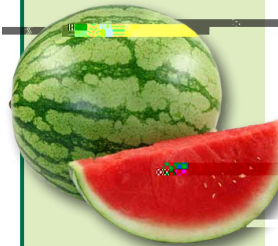
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Prep Time: 15 minutes; Servings: 4

#### **INGREDIENTS:**

2 large bananas	2 cups fresh blueberries
8 watermelon "scoops" (watermelon balls created with an ice cream scoop)	1/2 cup low-fat vanilla yogurt
	1/4 cup low-fat granola

#### **DIRECTIONS:**

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon "scoops." Sprinkle with granola.

#### **Nutrition Facts** Watermelon Blueberry Banana Split

Serving Size: 1/4 of Recipe

Calories: 160, Calories from Fat: 10, Total Fat: 1g, Saturated Fat: 0g, Trans Fat: 0g,

Cholesterol: 0mg, Sodium: 40mg, Total Carbohydrates: 38g, Dietary Fiber: 4g,

Sugars: 23g, Protein: 4g, Vitamin A: 6%, Vitamin C: 25%, Calcium: 6%, Iron: 4%

**USF**