Fruit of the Month
May 2017: Watermelon

Watermelon has a high water content at about 92%, but that does not mean it is not loaded with nutrients. Watermelon is an excellent source of vitamin C. It also contains lycopene, a powerful carotenoid that is important for cardiovascular health.

Watermelon is related to the cantaloupe, squash, pumpkin and cucumber. About 85% of watermelon sold in stores is seedless, which is achieved through a process called hybridization.

When purchasing a watermelon look for one that is heavy for its size, with a smooth rind that is slightly dulled on top.

How to eat Watermelon:

- Watermelon is the best summer snack, just cut and enjoy!
- Make a quick and refreshing salad with cubed watermelon, crumbled feta, blueberries and chopped mint. For the dressing, whisk together, lime juice, honey, chili powder and a pinch of salt.
- For a refreshing summer drink, blend watermelon in a blender until liquefied. Add lime juice and enjoy!

Watermelon Ceviche

Provided by: UCR’s Executive Chef Reeves

Ingredients:
1 cup watermelon, diced
1/4 cup red onion, diced
1 clove garlic, fine diced
1/4 cucumber, diced
1/4 poblano pepper, diced
1/4 cup chiffonade mint
1/4 cup lime juice
1/4 cup orange juice
Salt and pepper to taste

Directions:
1. Dice the watermelon, red onion, Poblano pepper and cucumber into ¼” diced squares. Chop the garlic fine. Slice the mint into thin strips.
2. Mix all the ingredients together and add salt and pepper as needed.
3. Chill for 1 hour and serve cold.
Cauliflower comes in other colors besides the white we are used to seeing. You can find green, purple, and orange cauliflower. Each of the colorful varieties contain an excellent source of vitamin C, K, folate, pantothenic acid, vitamin B6, choline and fiber.

Cauliflower contains phytochemicals, common to the cabbage family, shown to combat cancer risk.

Cauliflower is best prepared, steamed, sautéed, or baked. When boiled it can lose most of its phytochemicals.

**Roasted Cauliflower**

**Provided by:**
UCR’s Executive Chef Reeves

**Ingredients:**
- 1 lb. purple, orange and green cauliflower
- 1/4 cup olive oil
- 2 tsp. sea salt
- 1/2 tsp. chili flakes

**Directions:**
1. Cut the different cauliflowers into 1” florets.
2. Toss with olive oil, sea salt, and chili flakes.
3. Place on a baking sheet pan, and roast in a 500-degree oven for approx. 8-10 minutes, depending on the heat level of your oven.

**How to eat Cauliflower:**

- Cauliflower make a great quick and healthy snack raw. Enjoy with your favorite healthy dip.
- Riced cauliflower is a new popular way to enjoy cauliflower and is a great healthy alternative to rice. You can purchase cauliflower already “riced”, or add chopped cauliflower to a food processor and blend until it’s the texture of rice. Can also be done with a grater.

**Shopping Tips:**

- Look for a clean, creamy white compact cauliflower, avoid ones that are spotted or dull-colored.
- Cauliflower that is surrounded by many thick green leaves are better protected and fresher.
- Store uncooked cauliflower in a plastic bag in the refrigerator where it will keep for up to one week.

For questions, please contact Nicole Collins, MPH, RD Wellness Program Specialist, at Nicole.collins@ucr.edu or 951-827-5082