

# Entertaining Ideas

## Watermelon Adds Splash Of Flavor

(NAPSA)—Whether you're brunching with friends or enjoying a family dinner, watermelon is a sweet way to add flavor and a nutritional burst to meals.

Practically a multivitamin unto itself, a two-cup serving of watermelon is an excellent source of potassium and vitamins A, B6 and C.

Plus, watermelon grown in Mexico is available during the colder months, meaning your family can enjoy the fruit year-round—and many Americans do.

In fact, by weight, watermelon is the most-consumed melon in the U.S., followed by cantaloupe and honeydew.

However, the fruit was around well before Americans started eating it.

The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient structures. Watermelons were often placed in the burial tombs of kings to nourish them in the afterlife.

### Sweetening Everyday Dishes

Try this delicious recipe from the National Watermelon Promotion Board. It can be a great way to add watermelon to everyday meals.



**Bursting with vitamins, watermelon is a refreshing, year-round treat.**

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### Watermelon Onion Fresco Salad

#### Ingredients:

- 4 cups cubed, seeded watermelon
- $\frac{1}{2}$  cup quartered and very thinly sliced sweet onions
- 4 tablespoons chopped fresh basil
- $\frac{1}{4}$  cup raspberry and/or blueberry vinegar
- Salt and freshly ground pepper to taste
- Lettuce leaves

#### Instructions:

Toss watermelon, onion and basil until well mixed; pour vinegar over watermelon mixture; toss gently to coat. Season to taste with salt and pepper. Serve on lettuce.

#### Servings:

**Makes 4 to 6 servings.**

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