



# Fabulous Foods



## What A Melon! Watermelon's The Pick Of The Season

(NAPSA)—For many people, watermelon is a taste worth waiting for—and this giant melon is big on nutrition, too. It's a satisfying, nutritious treat that's a terrific source of vitamins A and C, and chock-full of the antioxidant lycopene.

To promote the nutritional benefits of fresh produce, Weight Watchers is continuing Pick of the Season, a public health initiative spotlighting seasonal fruit and vegetables. Currently, it's watermelon, a produce selection that is as delicious as it is mouthwatering.

Want to be sure that fresh-picked melon stays delicious from first bite until the last? Here are some tips to help:

1. Wash melon under running water and pat dry, then place on a clean cutting surface. (Handle gently to keep it from bruising.)

2. Using a clean knife, slice melon into wedges, or cut the flesh from the rind into 1" cubes.

3. Place cut melon in a covered container or wrap securely with plastic wrap and refrigerate.

Delectable flavor will keep for up to three to four days—if it's around that long!

There are so many ways to enjoy watermelon in your favorite recipes, such as in Chicken with Watermelon Salsa—a recipe that reflects the food values inherent in the Weight Watchers philosophy: Eating should be satisfying as well as healthy.

### **Chicken with Watermelon Salsa** *Makes 4 servings*

*Chicken*

**2 tsp. canola oil**



**Watermelon is a nutrition-filled seasonal favorite.**

- 1 tsp. fresh lime juice**
- 4 (4-oz) boneless skinless chicken breasts**

#### *Watermelon Salsa*

- 2 cups diced watermelon**
- ½ cup diced yellow bell pepper**
- 3 Tbsp. chopped fresh cilantro**
- 2 Tbsp. fresh lime juice**
- 1 Tbsp. diced red onion**

**1. To prepare chicken, in cup or small bowl combine oil and lime juice; brush chicken breasts with oil mixture. Grill or broil 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.**

*POINTS value per serving: 4, 190 calories, 5.5g fat, 0.7g fiber; Core Plan® recipe.*

To learn more, visit [www.weightwatchers.com](http://www.weightwatchers.com) or call (800) 651-6000.