

Red, White and Blue Watermelon Treat

Featured in: Prairie Fare
June 24, 2004

Ingredients:

- 4 cups cubed seeded watermelon
- 4 Tbsp. lime juice, divided
- 1/4 c. granulated sugar
- 1 Tbsp. orange juice
- 2 c. blueberries, fresh or frozen
- 1/3 c. vanilla or lemon nonfat yogurt

<http://www.ext.nodak.edu/extnews/newsrelease/2004/062404/03prairie.htm>

Directions:

- In large bowl, toss watermelon cubes with 3 tablespoons lime juice; cover and chill. In small saucepan, stir together sugar, orange juice and remaining 1 tablespoon lime juice. Cook over medium heat, stirring occasionally, for 2 minutes. Add blueberries; continue cooking just until liquid returns to a boil. Cool to room temperature. Divide watermelon among 6 bowls; spoon blueberry sauce over and drizzle with yogurt.

Makes 6 servings. Each serving has 104 calories, 0.7 grams fat, 25 grams carbohydrate, 1 gram fiber and 33 percent of the daily recommendation for vitamin C.

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SERVICE