

WATERMELON & SPINACH SALAD

Servings: 6 | Serving Size: 1 cup | Preparation Time: 15 minutes

Add fruits and vegetables to your meals with this delicious summer recipe.

Ingredients

- | | |
|-----------------------------------------|---------------------|
| 1 small watermelon, preferably seedless | ¼ cup lime juice |
| 2 cups fresh spinach | ¼ cup vegetable oil |
| ½ cup green onions, thinly sliced | 2 teaspoons cumin |
| 1 bunch cilantro OR parsley, chopped | ½ teaspoon salt |

Directions

1. Prepare watermelon by cutting into slices, removing rind and then dicing into 1" cubes.
2. In a large bowl, combine watermelon, spinach, green onions, and cilantro.
3. Drizzle lime juice and vegetable oil over watermelon. Add in cumin and salt and toss salad mixture gently to evenly distribute spices.
4. For best results, chill for 15 minutes before serving.

Making Ahead + Leftovers

Make the dressing ahead of time by combining the lime juice, oil, cumin, and salt, then chill until ready to use. When ready to serve, pour over each serving. Leftover tip: keep the dressing in a separate container in the fridge to keep the spinach fresh for another salad later in the week!

Nutrition Information

Amount per serving: 1 cup; **Calories:** 180; **Total Fat:** 1.5g (2%); Saturated Fat: 0g; **Sodium:** 95mg (3%); **Potassium:** 760mg (21%); **Total Carbohydrate:** 44g (14%); Dietary Fiber: 3g (12%); Sugars: 35g; **Protein:** 4g; Vitamin A: 100%; Vitamin C: 90%; Vitamin D: 0%; Calcium: 6%; Iron: 10%.

FPO

Rinse all fruits and vegetables under cool running water before eating or cutting.



FIND MORE GREAT RECIPES AT

<http://www.whatscooking.fns.usda.gov>

Your local summer meal site is located at:

THERE'S A SUMMER MEAL SITE NEAR YOU!

Your child can enjoy a healthy meal with friends at a safe summer meal site. Many also offer fun games, crafts, and activities. Kids and teens up to age 18 eat free.

TO FIND A SUMMER MEAL SITE, CALL:

1-866-3-HUNGRY

1-877-8-HAMBRE (ESPAÑOL)

<http://www.fns.usda.gov/summerfoodrocks>

Food • Games • Crafts • Educational Activities

USDA is an equal opportunity provider and employer. FNS-XXX, Month 2016.



United States Department of Agriculture

OMB No. 0584-0524
Expiration Date: 6/30/16

THIS SUMMER, EAT SMART TO PLAY HARD

A Parents' Guide



Delicious ways to use summer fruits + veggies

Boredom busters!

Try the family reward challenge!



MAKE ALL THE RIGHT MOVES!

Look inside for ways to eat better, be more physically active, and help the whole family have a happier, healthier summer.

A SUMMER OF HEALTH

THE 4 HEALTHY MOVES

TRY THE FAMILY CHALLENGE!

How to play: Write a Family Reward in the center of the board. It could be a field trip to a local park, a day at a local sporting event, or anything you want! Each time a family member makes a healthier choice from "The 4 Healthy Moves," fill in the corresponding icon. When all the icons are filled in, celebrate with your Family Reward!

SIT LESS
Limit your screen time to no more than 1-2 hours per day.

EAT HEALTHIER
Make half your plate fruits and vegetables.

OUR FAMILY REWARD IS:

CHOOSE WATER
Water has no added sugars and is a healthy choice.

MOVE MORE
Physical activity can help to reduce stress, lose weight, and create happy memories with your children!

DRINK SMART TO PLAY HARD

- Thirsty? Drink water, low fat (1%) or fat-free milk. Here are other tips:
 - * Make sure your fridge has healthy drinks ready to go. When kids open the fridge and see cool water, they'll grab it
 - * Buy less regular soda, sports drinks, and other sweet drinks
 - * Offer 100% juice in smaller amounts; ½ to 1 cup a day, depending on age
 - * Make water more fun by adding sliced fruit or cucumbers

EAT MORE FRUITS & VEGGIES

- Make half your plate fruits and veggies
 - * Have "Try Day" Fridays by eating a new fruit or vegetable each week
 - * Keep a bowl of clean fresh fruit on the table
 - * Visit a farm or farmers markets
 - * Try fruit and vegetable options at summer meal sites

LIMIT SCREEN TIME

- Make a family agreement to limit your computer, phone, and TV game time to 1-2 hours a day
 - * Don't let kids text the night away! Keep phone chargers in the living room, not the bedroom
 - * Reconnect your family with nature. Discover a forest or park near you: <http://www.fs.fed.us>.

GET ACTIVE

- Get 60 minutes of moderate to vigorous physical activity every day
 - * Bored? Make up games, relay races, or bike, walk, or play soccer
 - * Make up a social event: have a dance or jump rope contest
 - * Take a walk together on summer evenings

