

## HEALTHFUL RECIPES FROM LINDA CITRON

### JULY 2014: WATERMELON

#### **Watermelon & Feta Salad with Serrano Chile Vinaigrette**

*Athens, Georgia chef, Hugh Acheson*

Serves 6

½ to 1 cup olive oil

2 Tbsp fresh lime juice

2 Tbsp champagne vinegar

2 tsp chopped fresh thyme

1 small shallot, minced

1 Serrano chili pepper, stemmed and sliced or chopped

1 small seedless watermelon

1/3 pound block of feta cheese, sliced into 1/8" thick slices (about 12 slices)

1 bunch arugula, washed and drained

In a jar or salad bottle with a tight-fitting lid, combine olive oil, lime juice, champagne vinegar, thyme, shallot, and Serrano pepper. Shake well. Season dressing with salt to taste; chill in refrigerator. Meanwhile, slice watermelon into 3" squares, about ¼" thick. On small salad plates, begin to assemble each serving of the salad. To assemble, place one slice of watermelon on the plate; next, layer one slice of feta on top of the first watermelon slice. Repeat, layering another watermelon slice and then one more feta slice. End with a final watermelon slice on top. Place about one handful of arugula on the plate, encircling the stacked watermelon/feta. Drizzle the stack and the arugula with the vinaigrette and garnish with a few slices of Serrano pepper. Chill for 15 minutes or serve immediately.



## Watermelon Gazpacho

*Eating Well Magazine - "A sweet-and-savory chilled soup, perfect on a hot night."*

Serves 6

8 cups finely diced seedless watermelon, (about 6 pounds with the rind)

1 medium cucumber, peeled, seeded and finely diced

1/2 red bell pepper, finely diced

1/4 cup chopped fresh basil

1/4 cup chopped flat-leaf parsley

3 Tbsp red-wine vinegar

2 Tbsp minced shallot

2 Tbsp extra-virgin olive oil

3/4 tsp sea salt or to taste

Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl. Stir in the remaining diced mixture. Serve at room temperature or chilled.

## Watermelon Refresher

Serves 5

1 cup watermelon, cut into 1-inch cubes

1 cucumber

5 mint leaves

1/2 cup ice

Mix all ingredients in a high-powered blender (such as a Vitamix or Nutribullet). Blend on low for 30 seconds, then on high until smooth, about 30 seconds more. Pour into individual glasses and garnish each glass with a mint leaf. Serve cold.





## Watermelon-Kiwi Popsicles

*Nourishing Meals - "Try these healthy popsicles and feel like a kid again!"*

3 cups watermelon puree (about 1/4 to 1/2 of a watermelon)

1/2 cup fresh blueberries

1/2 cup fresh strawberries, chopped

1 kiwi, peeled and sliced

1 peach or nectarine, diced small

1 handful of fresh cherries, pitted and chopped

Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside. Set out a dozen popsicle molds and make sure they are sturdy (you may need additional or fewer molds, depending on their size). Fill each mold with the chopped fresh fruit. Add a slice of kiwi and a few blueberries to each mold. Then pour in the watermelon puree until each mold is full to the top. Place a popsicle stick into each filled mold. Place the molds in your freezer (again ensuring that they are sturdy) and freeze for 6 to 8 hours. To release popsicle, run the mold under warm water for a few seconds and pull each one out. Enjoy!