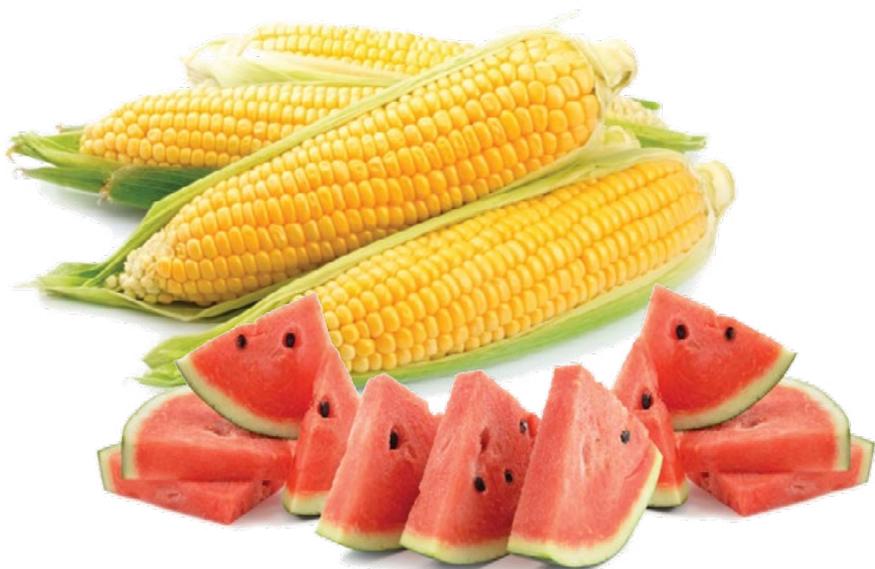


Watermelon and Corn

August's Discoveries



Watermelon...

- ...is rich in vitamin C.
- Is an important source of lycopene, an antioxidant that may reduce the risk of many diseases.

Purchase

Choose a fruit that is heavy for its size. The skin should be of a bright colour, with a yellow spot indicating that the fruit is ripe.

Preservation

Watermelon is sensitive to the cold, but will keep longer in the fridge between 15 and 20°C. Watermelon can also be frozen in slices or cubes in a freezer bag.

How to use it

Watermelon is usually eaten fresh, but it is a fruit that can be added to salads (fruits or vegetables) or can be grilled on the BBQ. It can also be used in sorbets and jams.

Did you know...

- ...the seeds of the watermelon are edible and provide vitamin C.
- The skin of the watermelon can be eaten pickled or candied.
- The watermelon's flesh can be red, white, yellow or pink.
- The watermelon is composed of 92% water, which makes it refreshing.
- A serving of $\frac{1}{2}$ cup (125 ml) of diced watermelon contains only 24 calories.

Recipe

Watermelon, feta and mint salad

Ingredients

½ Red onion, sliced

1 tbsp Lemon juice 15 ml

600g Watermelon, seedless and diced

100g Feta cheese, crumbled

75g Black olives, pitted

1 handful Fresh mint leaves

2 tbsp Olive oil 30 ml

Preparation

- Marinate onion slices in lemon juice for 10 minutes to soften the taste.
- Combine all ingredients in a large bowl except the olive oil.
- Drizzle salad with olive oil and serve.

(recipe from [PasseportSanté.Net](https://www.passeportsante.net))

Servings: 6

Corn...

- ...is considered a source of many vitamins and minerals and is rich in fiber.
- Is part of whole grain cereals that may be linked to a reduced risk of cardiovascular diseases, diabetes, some types of cancer and obesity.
- Is a source of antioxidant that may protect the eyes and reduce the risks of macular degenerations and cataracts.

Purchase

If the corn is fresh, white juice will flow out of the grains with a simple finger pressure. If corn is not fresh, the grains will be discolored or shriveled, the bristles will be dark and dry and the color of the leaves will become yellowish or dull.

Preservation

- Corn on the cob quickly loses its flavor. It is therefore recommended to eat it as soon as possible, preferably the day of the purchase. Otherwise, keep it in the refrigerator with its peel or in a plastic bag if peeled. Bleached corn on the cob will keep for 1 year in the freezer while bleached kernel corn will keep for 3 months.
- Corn flour and cornmeal: Store these products in an airtight container in the refrigerator or the freezer to prevent them from becoming quickly rancid.



Utilization

Corn is available in many ways: corn on the cob, kernel corn, corn flour, cornstarch, cornmeal, corn flakes, corn oil and corn milk. It is even used in the manufacture of certain alcoholic beverages.

Did you know...

...that popcorn is a great snack? It is rich in protein, iron, calcium and fiber while being low in calories. However, do not drown it in butter and salt!



Recipe

Grilled Corn and Tomato Salsa

Ingredients

2 Cobs of corn

1 Red bell pepper, quartered lengthwise

2 Poblano chili peppers, quartered lengthwise
(you can replace it with 1 green bell pepper)

1 Avocado, diced

375g Tomato, diced

Juice of ½ lime

Preparation

- Heat the grill on high heat, before scrubbing and oiling it. If you don't have a grill, you can broil the corn and peppers instead.
- Grill the corn and the peppers until charred (for about 5 minutes). Remove from grill and let cool.
- Cut the corn from the cobs. Remove and discard the stem and seeds from the peppers. Dice the peppers.
- In a large bowl, toss the corn and the peppers with the remaining ingredients.

(recipe from Nutrition Action, July/August 2013)

Servings: 4

