

Food of the Month

December: Watermelon

- ◆ Despite popular belief that watermelon is made up of only water and sugar, watermelon is actually considered a nutrient dense food, a food that provides a high amount of vitamins, minerals and antioxidants for a low amount of calories.
- ◆ As an excellent source of the strong antioxidant vitamin C as well as other antioxidants, watermelon can help combat the formation of free radicals known to cause cancer. Lycopene intake has been linked with a decreased risk of prostate cancer prevention in several studies.
- ◆ Because of its water and fiber content watermelon, helps to prevent constipation and promote regularity for a healthy digestive tract.
- ◆ Made up of 92% water and full of important electrolytes, watermelon is a great snack to have on hand during the hot summer months to prevent dehydration.

Nutritional Information: per 100gr Watermelon

Calories	30
Protein	0.6g
Carbohydrate	8g
Fat Total	0.2g



RECIPE:

Barbequed Seafood & Watermelon Salad

1/4 cup fresh coriander leaves
 2 teaspoons finely grated lemon rind
 2 tablespoons lemon juice
 2 tablespoons olive oil
 1 long fresh red chilli, finely chopped
 1 garlic clove, crushed
 3/4 cup fresh mint leaves
 500g large green prawns, peeled, deveined
 2 squid tubes, scored, cut into 6cm pieces
 1kg watermelon, rind removed, thickly sliced, halved
 1 large avocado, sliced
 1 Lebanese cucumber, peeled into ribbons
 1/2 small red onion, thinly sliced

Dressing

1 1/2 tbs olive oil. 1 tbs lemon juice & 1tbs white balsamic vinegar

Directions

Process coriander, lemon rind and juice, olive oil, chilli, garlic and 1/4 cup of the mint in a food processor until combined. Season. Combine prawns, squid and mint mixture in a glass bowl. Cover and place in the fridge for 15 minutes to marinate.

Meanwhile, to make the dressing whisk the oil, lemon juice and vinegar in a small bowl. Season.

Preheat a barbecue or chargrill on medium-high. Cook the prawn mixture, in batches, for 2-3 minutes or until just cooked. Transfer to a plate. Cover with foil to keep warm.

Arrange salad & drizzle over the dressing.