

Watermelon and Berry Salad

Ingredients

- 4 cups seedless watermelon, cubed
- 1 pint strawberries
- 1 pint blueberries
- 1 pint raspberries
- $\frac{1}{2}$ pint blackberries
- $\frac{1}{4}$ cup lime juice

Directions

1. Wash and drain all of the fruit. Cut the watermelon into cubes or use a small melon scoop or cookie cutter to have a themed shape, such as stars or flowers.
2. Place all the fruit into a large serving bowl.
3. Pour lime juice over fruit. Toss to completely coat fruit with lime juice.
4. Wrap with plastic wrap and chill in refrigerator until ready to serve.

Handling & Storage

Choose symmetrical watermelons with dried stems and yellowish undersides. The melon should be heavy for its size.

Store whole watermelons at room temperature. Once cut, refrigerate watermelon in airtight containers and use within 5 days.

Nutrition Info

Calories: 125

Total Fat: 1.0 g

Saturated Fat: 0.1 g **Trans Fat:** 0.0 g

Cholesterol: 0 mg

Sodium: 3 mg

Total Carbohydrates: 30.4 g

Dietary Fiber: 7.9 g

Sugars: 19.3 g

Protein: 2.5 g

Serves 6.