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# APPETIZER

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## **Make Your Own Watermelon Spears:**

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Cut the watermelon into sticks, leaving the rind attached. That way, guests can use their fingers when eating the “spears” of fruit.

To do this, slice the watermelon in half. Place each half cut side down on a cutting board and slice each one into 1-inch thick slices in a single direction. Rotate the watermelon 90 degrees and slice it into 1-inch segments again. This will leave you with a grid of 1-inch square cuts, resulting in thin, easy-to-handle watermelon spears.

Once you slice the fruit, there will be pieces near the edges that are more white rind than fruit. Go ahead and discard them.

Protip: Don't try to move your watermelon after cutting it!

## **Watermelon Solution:**

Looking for a fun and healthy summer appetizer?

Watermelon is a perfect answer. Cool and refreshing, not to mention at its peak during the summer months, watermelon is a low-calorie, nutrient-dense, and super tasty fruit. Did you know that watermelon is a good source of vitamins A and C, along with lycopene, vitamin B6, and potassium?

