

# Fresh Fruit Flavors

(Family Features)

When it comes to fresh fruit, watermelon is a top pick in many households.

It's available year-round and makes for a nutritious snack, but its great taste is the reason most people buy watermelon, according to research from the National Watermelon Promotion Board.

Not only is watermelon a tasty snack by itself, it's a great complement to other flavors, making it easy to create flavorful pairings. This sweet take on pizza combines watermelon with a host of other good-for-you ingredients for a delicious treat. Healthy enough for breakfast and sweet enough for dessert, this pizza can make its way into your weekly meal rotation.

For another nutritious option, consider this Buddha bowl featuring watermelon, which contains higher levels of lycopene, an antioxidant, than any other fresh fruit or vegetable. Watermelon is also an excellent source of vitamin C, and it provides vitamin B6 and potassium. It's the perfect sweet addition to balance the savory flavors of this traditional plant-based Buddha bowl.

Each of these recipes leaves plenty of room for personalization; experiment with your favorite flavors to make each dish your own. Also remember that watermelon travels well, so these recipes make for ideal take-along snacks when you're on the go. Find more fresh, fruity recipes to enjoy any time of year at [watermelon.org](http://watermelon.org).

## Watermelon Buddha Bowl

### Citrusy Tahini Dressing:

- 3 tablespoons tahini (ground sesame seed paste)
- 1/3 cup fresh-squeezed orange juice
- 1/4 cup rice vinegar
- 1 teaspoon soy sauce
- 1 teaspoon freshly grated ginger
- 1/2 teaspoon salt

### Buddha Bowls:

- 2 cups seedless watermelon, cubed
- 4 mini cucumbers, thinly sliced
- 1 cup sweet cherries, pitted and halved
- 2 avocados, sliced
- 2 cups cooked black rice
- 1 cup sliced, toasted almonds

### Citrusy Tahini Dressing

To make Citrusy Tahini Dressing: In bowl, whisk tahini, orange juice, rice vinegar, soy sauce, ginger and salt. If dressing seems thick, add more orange juice or water to reach desired consistency.

To arrange Buddha Bowls: Separate watermelon, cucumbers, cherries, avocados and rice in four bowls. Sprinkle with toasted almonds and drizzle with dressing. Serve immediately.

### Sweet Watermelon Pizza

- Greek yogurt
- Watermelon, cut to 1-inch thick round slice
- Shredded coconut
- Mint
- Berries, such as blueberries, strawberries or blackberries
- Slivered almonds

Spread yogurt to cover fleshy part of watermelon, leaving room to hold rind. Sprinkle with coconut, mint, berries and almonds, or other toppings, as desired.

#14090  
Source: National Watermelon Promotion Board



# Help Fight Inflammation with Food

(Family Features)

On top of being tasty, certain foods contain specific nutrients and natural compounds that may help fight inflammation, a condition linked to arthritis and gout. With that in mind, try heading to the fridge or pantry the next time you feel joint pain, swelling or stiff knees.

Colorful fruits and vegetables, including ruby red tart cherries and dark leafy greens like spinach and kale, are among the most powerful anti-inflammatory foods, along with oily fish (salmon, sardines and scallops), nuts, seeds and whole grains. Ingredients such as ginger, turmeric and olive oil may also help combat inflammation.

For an inflammation-fighting boost, Montmorency tart cherries contain the "highest anti-inflammatory content of any food," according to research conducted at Oregon Health & Science University. Results show that cherry intake can help reduce blood levels of gout-causing uric acid and reduce the painful symptoms of osteoarthritis. Research also shows that Montmorency tart cherry juice can reduce post-exercise inflammation and muscle pain.

"For decades, people with arthritis and gout have consumed tart cherry juice for pain relief. Now there's scientific evidence to back up this popular folklore remedy," said registered dietitian Michelle Babb, author of "Anti-Inflammatory Eating Made Easy." "Since Montmorency tart cherries are one of the richest sources of anthocyanins, a potent type of flavonoid, they can offer a natural way to help ease the pain related to arthritis and gout."

To help fight inflammation with food, try this recipe for Bay Scallop, Baby Kale and Corn Salad with Tart Cherry Granola, which is packed with anti-inflammatory ingredients. Learn more about the research on Montmorency tart cherries and inflammation, and find more recipes, at [choosecherries.com](http://choosecherries.com).

## Bay Scallop, Baby Kale and Corn Salad with Tart Cherry Granola

Prep time: 30 minutes  
Cook time: 15 minutes  
Total time: 45 minutes  
Yield: 1 salad

### Savory Granola:

- 1/3 cup oats
- 1/3 cup chopped walnuts

- 1/4 cup sunflower seeds
- 2 tablespoons buckwheat groats
- 2 tablespoons pepitas
- 1/4 cup extra-virgin olive oil
- 2 tablespoons honey
- 1 tablespoon spicy brown mustard
- salt
- pepper
- 1/4 cup dried Montmorency tart cherries

### Dressing:

- 1 shallot, minced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons dried Montmorency tart cherries
- 2 tablespoons Montmorency tart cherry juice
- 1 tablespoon spicy brown mustard
- 2 teaspoons apple cider vinegar
- 1 teaspoon honey
- salt
- pepper

### Salad:

- 10 ounces baby kale
- 1 grilled ear of corn, kernels sliced off
- 1 cup sprouts (alfalfa or microgreens)
- 1/2 tablespoon butter
- 8 ounces bay scallops, patted dry

To make savory granola: Heat oven to 350 F. Line baking sheet with parchment paper or baking mat.

In large bowl, combine oats, walnuts, sunflower seeds, buckwheat groats and pepitas. In small bowl, whisk together olive oil, honey, mustard, salt and pepper.

Pour wet ingredients into large bowl and toss until well combined.

Spread mixture onto baking sheet in single layer and bake 18-20 minutes, tossing once halfway through, until granola starts to turn golden brown and crispy around edges.

Remove from oven, add cherries, toss to combine, spread into single layer and let cool.



To make dressing: In food processor, process shallot, olive oil, cherries, cherry juice, mustard, vinegar, honey, salt and pepper until smooth.

To make salad: Place kale, corn kernels and sprouts in large bowl; set aside.

In large skillet over medium-high heat, melt butter. Once hot, add scallops and cook until golden and starting to caramelize on one side. Flip and repeat on other side.

Add scallops to large salad bowl. Pour dressing over top and toss until well combined.

Break up granola into small pieces and add to salad bowl. Toss lightly before serving.

#14071  
Source: Cherry Marketing Institute