Get Up & Move!

Fruit Basket or Boat

1 ripe oval watermelon
Variety of fresh fruit such as:
Blueberries
Cantaloupe, cut into cubes
Honeydew, cut into cubes
Pineapple, chunked
Grapes, seedless
Strawberries
Oranges, cut into wedges
Kiwi fruit, cut into wedges

Cut a thin slice from bottom of the melon so it will sit flat, being careful not to cut through rind to melon.

To make boat:
Slice watermelon in half lengthwise. Lift off top half. Cut out center of watermelon into large cubes. Use a knife to cut “V” shapes around edge of hollowed out watermelon rind to form boat.

To make basket:
Mark watermelon in half horizontally. Then mark a strip about 1-1/2 to 2 inches wide in the top half that will form the handle of the basket. Take a sharp knife and cut the melon on the lines. Carefully separate the cut topsides from the body of the melon. Remove the watermelon center and cut into cubes.

In a large bowl mix the watermelon cubes with the other fresh fruit. Select at least three or four fruits for a variety of shapes and color. Place in boat or basket and refrigerate until ready to serve.

Will serve 25 to 30.

Nutrition facts per half cup of fruit:
30 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 7 g carbohydrate, 1 g fiber,
15% daily allowance vitamin A and 35% vitamin C.