



Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice + Wondrous Watermelon Soda

By Erin Fletter

Prep Time 30 / Cook Time 25 / Serves 4 - 6

Shopping List

FRESH

2 green onions

1 garlic clove

1 medium watermelon

1 small cucumber

1/2 ripe avocado

1 small carrot, grated

1 lime (optional)

PANTRY

1 1/2 C white short-grain rice

1 nori sheet ****(see allergy subs below)****

2 T sesame seeds ****(see allergy subs below)****

1/4 tsp salt

1/4 tsp sugar

1 T soy sauce ****(see allergy subs below)****

4 tsp rice vinegar

3/4 C sugar/honey/agave

- 1 T vegetable oil
- 4 C sparkling water
- HAVE ON HAND
- 3 C water
- 2 to 3 C ice

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

cube: to cut into square-shaped, bite-sized pieces with an equal 1/3 to 1/2-inch length on all sides, slightly larger than diced.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

Equipment

- Medium saucepan + matching lid
- Dry measuring cups
- Liquid measuring cup
- Colander
- Skillet
- Small bowl
- Measuring spoons
- Whisk
- Cutting board + kid-safe knife
- Grater
- Blender (or pitcher + immersion blender)

Citrus juicer (optional)

Ingredients

Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice

- 1 1/2 C white short-grain rice
- 3 C water
- 1 nori sheet ****(Omit for SHELLFISH ALLERGY or sub roasted kale leaves)****
- 2 T sesame seeds ****(Omit for SESAME ALLERGY)****
- 1/4 tsp salt
- 1/4 tsp sugar
- 2 green onions
- 1 garlic clove
- 1 T soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- 4 tsp rice vinegar
- 1 1/2 T sugar/honey/agave
- 1 T vegetable oil
- 1/2 medium watermelon
- 1 small cucumber
- 1/2 ripe avocado
- 1 small carrot, grated

Wondrous Watermelon Soda

- 1/2 medium watermelon
- 1 lime (optional)
- 1/2 C sugar/honey/agave
- 4 C sparkling water
- 2 to 3 C ice

Food Allergen Substitutions

Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice

Shellfish: Omit nori seaweed or substitute roasted kale leaves for furikake.

Nut/Sesame: Omit sesame seeds.

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Soy: Substitute coconut aminos for soy sauce.

Wondrous Watermelon Soda

Instructions

Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice

intro

Aloha! We are making Poke (poh-KAY) today! Usually poke is made with raw fish, but today we're making it with watermelon!

measure + boil + simmer

Make the rice first! Rinse **1 1/2 cups of rice** in water until the water runs clear. Then drain well in a colander. Place the rinsed, drained rice in a pot with a tight-fitting lid and add **3 cups of water**. Over medium heat, cover and bring the water to a boil. Boil for about 2 minutes, reduce heat and simmer for another 5 minutes. Reduce heat to low and cook for about 15 minutes, or until water has been absorbed. Let the rice stand for 10 to 15 minutes while you make the rest of your poke bowls!

tear + toast + whisk

Now it's time to make the "furikake," the dry Japanese seasoning sprinkled on cooked rice. Start by having kids tear **1 nori sheet** into tiny bits. Next, quickly toast the torn nori bits in a dry skillet on your stovetop over medium heat until it's darkened and crispy—be careful not to burn! Then place the toasted nori in a bowl and have kids add **2 tablespoons sesame seeds**, **1/4 teaspoon salt**, and **1/4 teaspoon sugar**. Whisk together until well combined and set to the side.

chop + combine + marinate

Now it's time to make the dressing. Have kids chop **2 green onions** and **1 garlic clove** into the smallest bits possible and place them in a small bowl. Add **1 tablespoon soy sauce**, **4 teaspoons rice vinegar**, **1 1/2 tablespoons sugar**, and **1 tablespoon vegetable oil**. Whisk well while counting to 5 in Hawaiian: 1 `Ekahi (ey-KA-hee), 2 `Elua (ey-LOO-ah), 3 `Ekolu (ey-KOH-loo), 4 `Ehā (ey-HAH), 5 `Elima (ey-LEE-ma). Let the dressing sit to marinate the onions and garlic.

cube + grate

It is finally time to make the poke! Cube **1/2 watermelon**, **1 cucumber**, and **1/2 avocado**. Then grate **1 carrot**. Place all of these fruits and vegetables into a large bowl.

pour + toss + sprinkle

Pour on the dressing, as much as you like, and gently toss. Sprinkle the furikake on top and serve over your cooked rice. "'Ono" (oh-no) or "delicious" in Hawaiian!

Wondrous Watermelon Soda

chop + squeeze

Chop up **1/2 watermelon** and add to your blender or a pitcher (for use with an immersion blender). Squeeze the juice of **1 lime**, if using, into the blender.

measure + blend

Measure and add **1/2 cup of sugar** to the blender with the fruit. Blend everything together until smooth. Add **4 cups of sparkling water** and stir. Taste and adjust flavors, then top with **2 to 3 cups of ice**.

Featured Ingredient: Watermelon!

Hi! I'm Watermelon!

"Don't you love Watermelon!? Then you must love me—I'm a watermelon! I might seem hard to get to know, but if you cut or break me open, you'll see I'm really sweet inside. I can add so much joy and refreshment to everything, too, like summer picnics and yummy recipes like this one!"

History

Food historians think watermelon originated in the Kalahari Desert of Africa. However, the first recorded watermelon harvest was about 5,000 years ago in Egypt, illustrated on ancient walls in Egyptian hieroglyphics. From there, watermelon spread throughout countries along the Mediterranean Sea by way of merchant ships.

Watermelons were one of the items put in the tombs of kings to provide for them in the afterlife.

Watermelon was grown in India in the 7th century and by the 10th century had made its way to China, now the world's number one producer of watermelons.

In the 13th century, watermelon spread through the rest of Europe via the Moors.

Southern food historian, John Egerton, believes watermelon made its way to the United States with enslaved Africans, and now Americans eat more watermelon than cantaloupe and honeydew.

About 300 watermelon varieties are grown in the US and Mexico. They are of various weights, shapes, sizes, and colors like red, orange, yellow, and white.

The world's heaviest watermelon, at 350.5 pounds, was grown by Chris Kent in Tennessee in 2013.

Anatomy

Watermelon is a fruit because it grows from a seed, has a sweet, refreshing flavor, and is loosely considered a type of melon (although it is actually a type of berry called a pepo).

It can also be called a vegetable because it is a member of the same family as the cucumber, pumpkin, and squash. It is harvested and cleared from fields like other vine-growing vegetables.

A watermelon contains about 6 percent sugar and 92 percent water by weight.

Japanese scientists developed a seedless variety in 1939. However, seedless watermelons initially did not resist disease sufficiently, so they did not become widely available and popular until the 21st century.

How to Pick, Buy & Eat

When choosing a watermelon, look for one that is firm, symmetrical, and free from bruises, cuts, or dents. When you lift the watermelon, it should be very heavy for its size, as most of a watermelon's weight is water—the heavier, the juicier. Finally, the watermelon should have a yellow spot on it, where it sat on the ground and ripened in the sun.

Farmers in Japan grow watermelons in glass boxes so they develop into a cube shape. The farmers initially did this so the watermelons would be stackable and easier to store. However, they eventually became a popular novelty at twice the price.

In China and Japan, watermelon is a popular gift to bring to a host of a party or gathering.

In Israel and Egypt, the sweet taste of watermelon is often paired with the salty taste of feta cheese.

Watermelon rinds are edible but do not taste good unless pickled or cooked. The seeds are also edible.

Don't worry, though—you won't grow a watermelon in your stomach if you eat the seeds with the flesh!

However, if you remove the seeds, you can dry them out and roast them. You can also grind them into flour after roasting using a coffee grinder.

You can eat watermelon alone or put chunks in fruit or green salads. You can also purée it to add to salsas, syrups, desserts (like popsicles and sorbets), and drinks (like smoothies and lemonade). Finally, you might try adding some to your BBQ sauce or even grill watermelon slices!

Nutrition

A watermelon's high water and electrolyte content make it ideal as a refreshing and hydrating summer thirst quencher that is good for our skin and helps clear toxins from our kidneys.

Watermelons contain high levels of vitamin C, which boosts immunity and healing power, and vitamin A, which is good for eyesight.

Watermelon is also high in lycopene, a carotenoid that makes some fruits and vegetables red or pink.

Tomatoes are most often connected to lycopene, but watermelon has more than raw tomatoes. However, products made from cooked tomatoes have a higher concentration. Study results vary on lycopene's health benefits, particularly cardiovascular health.

Drinking watermelon juice may relieve your muscle soreness due to L-citrulline, an amino acid that protects

against muscle pain. The rinds also have l-citrulline, and they are high in fiber. Watermelon seeds contain iron, zinc, protein, and fiber.

Eating watermelon helps stop inflammation in your body that contributes to conditions like asthma, atherosclerosis, diabetes, some cancers, and arthritis.