

Cilantro-Lime Grilled Watermelon

Ingredients

2 (2-inch) round slices watermelon	2 limes, juiced
1 tsp extra virgin olive oil	1/2 cup cilantro
	1/2 tsp. salt

Instructions

1. Cut each watermelon round into 4 pieces, for a total of 8 pieces. Brush each side of the pieces with olive oil and a little of the lime juice, reserving at least half of the lime juice for after cooking. Season with a little bit of salt (1/2 tsp. total for 8 pieces, both sides).
2. Heat an outdoor grill to high heat. Grill watermelon for 3 to 5 minutes on each side, allowing grill marks to form.
3. Remove from grill and season with remaining lime juice and sprinkle with cilantro.
4. Optional: season with additional salt to taste. Salt brings out additional flavor - so really do it to taste.

Kitchen Classroom

Fun Facts about Watermelon:

- Not only does it quench your thirst, it can also quench inflammation that contributes to conditions like asthma, heart disease, and diabetes.
- Pink watermelon is a source of the potent carotenoid, lycopene— a powerful antioxidant that neutralizes free radicals.
- Watermelon, botanically is a fruit but the USDA has ruled it a veggie by how it is grown and cultivated. It is related to cucumbers, pumpkins and squash.

Nutrition Information per serving

Serving Size: 1 piece per serving

Calories: 80

Fat: 1 gm

Sodium: 150 mg

Fiber: 1 gm

Carbohydrates: 19 gm

