

Grilled Watermelon With Spicy Lime Dressing

Makes 12 servings

Ingredients

- 1 tablespoon lime zest
- ¼ cup freshly squeezed lime juice
- 3 tablespoons honey
- 2 teaspoons garlic chili sauce
- 1 teaspoon balsamic vinegar
- 1 10-pound watermelon, cut into 1-inch thick wedges

Directions

1. Preheat grill to high heat.
2. In a small bowl, whisk together lime zest, lime juice, honey, garlic chili sauce and vinegar.
3. Place watermelon wedges on the grill. Grill for 2 minutes on each side.
4. Remove watermelon wedges from grill and place on a serving platter. Drizzle with dressing (made in step 2).
5. Enjoy!



SIDE DISH



TIP

You can also sprinkle goat cheese crumbles on your watermelon for a little extra flavor!*

*Option not included in nutrition facts.

♥ = heart smart = low sodium = gluten free

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Nutrition Facts

Serving Size 1 wedge (391g)
Servings Per Container 12

Amount Per Serving

Calories 130 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 33g **11%**

Dietary Fiber 1g **4%**

Sugars 31g

Protein 1g

Vitamin A 40% • **Vitamin C 35%**

Calcium 2% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Carb choices per serving: 2