

Hot and sweet watermelon



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 3/4 teaspoon whole peppercorns or coarsely ground black pepper
- 1 1/2 teaspoon fresh mint leaves, very finely chopped, plus extra for garnish
- 6 cups 3/4 inch seedless red watermelon cubes

Directions

1. Place peppercorns on chopping block. Using the bottom of a heavy saucepan, press firmly, into a downward motion and crush peppercorns into a semi-coarse texture.
2. Combine ground peppercorns with finely chopped mint. In a large bowl, toss spice mixture gently but thoroughly with watermelon cubes.
3. Spoon into 4 individual serving glasses or bowls. Serve chilled, garnished with a fresh mint leaf.

Tips and variations

- This is a tasty salad for a hot day.
- Use this same recipe to prepare other types of melon, such as cantaloupe or honeydew.
- For something different, try swapping out the mint for chopped fresh basil. Add 2 tablespoons of crumbled feta cheese for something a little more savory or 2 tablespoons toasted sunflower kernels for a little more crunch.

Nutritional info

Calories

69

Total fat

0.3 g

Saturated fat

0 g

Cholesterol
0 mg
Sodium
2 mg
Total carbohydrates
17.2 g
Dietary fiber
0.9 g
Protein
1.4 g
Total sugar
14.1 g

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