

Lime Marinated Watermelon

Ingredients

4 cups of watermelon, cubed and chilled
2 limes, juiced and zested
1 teaspoon coarse sea salt
2 tablespoons extra virgin olive oil
Fresh cracked pepper to taste

Instructions

1. In a bowl, place lime juice, zest, extra virgin olive oil, sea salt and pepper and whisk well.
2. Add watermelon into marinade and toss gently, coating all the watermelon.
3. Chill and serve that day.

Makes 6 servings
Culinary Medicine, Nutrition Services



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Minty Melon

Ingredients

4 cups Crenshaw, cantaloupe or honeydew, cubed and chilled

1 lemon, juiced

2 tablespoons maple syrup

2 tablespoons of mint, roughly chopped

½ teaspoon fresh ginger, peeled and grated

3 tablespoons extra virgin olive oil

Coarse sea salt and cracked pepper to taste

Instructions

1. In a bowl, place lemon juice, maple syrup, mint, ginger, extra virgin olive oil, salt and pepper and whisk well.
2. Add melon into marinade and toss gently, coating all melon.
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