



Makes 7½ cups
Cook Time: 40 minutes

INGREDIENTS:

3 tablespoons pure cane sugar
¾ teaspoon lime zest
4 teaspoons lime juice
¾ teaspoon grated fresh ginger
6 cups cubed fresh watermelon
(about one 4-lb. melon)
8 oz. jicama, peeled and cut into
thin sticks (2 cups)
1 jalapeño chile pepper, seeded
and finely chopped
2 tablespoons chopped fresh
mint

Ginger-Lime Watermelon Salad

This refreshing salad features juicy watermelon, crunchy jicama, and zesty seasonings. For best results, serve it the day it is made. To transport salad, keep it in a cooler with ice packs until ready to eat.

Note: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By Nancy Macklin, RDN

- 1** In a small saucepan bring sugar and 3 tablespoons water to boiling over medium-high, stirring to dissolve sugar. Boil gently, uncovered, about 3 minutes or until syrupy. Remove from heat; transfer to a small bowl. Cool 10 minutes. Stir in lime zest, lime juice, and ginger.
- 2** In a very large bowl combine watermelon, jicama, jalapeño, and mint. Drizzle with syrup; toss to mix. Top with additional fresh mint.