

Thai Melon Skewers

Integrated Marketing Services - Apopka, FL

Preparation Time: 30 minutes

Grill Time: 3 minutes

1 cup sugar

1 piece (1 inch) gingerroot, peeled and sliced

1 lime, zested and juiced

1 canteloupe, halved and seeded

1 honeydew melon, halved and seeded

1 small watermelon, halved

1 tablespoon fresh cilantro, chopped

For the syrup. In a small saucepan, combine the sugar and one cup of water over high heat. Bring to a boil. Cook until the sugar dissolves.

Stir in the ginger, lime zest and lime juice. Remove the pan from the heat. Let cool completely.

Using a melon baller, scoop balls from each melon and place on a tray.

Alternately thread the canteloupe, honeydew and watermelon balls onto twenty to twenty-four skewers.

Brush each skewer with syrup.

Sprinkle with cilantro and serve.

Yield: 20 to 24 skewers

Per Serving (excluding unknown items): 2688 Calories; 21g Fat (6.4% calories from fat); 34g Protein; 649g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 222mg Sodium. Exchanges: 30 1/2 Fruit; 13 1/2 Other Carbohydrates.