

Side Dish

Watermelon Wedges with Jalapeno Syrup

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Servings: 10

Preparation Time: 15 minutes

1/4 cup lemon juice

1/4 cup lime juice

1/2 cup sugar

2 fresh jalapeno chile peppers, coarsely chopped

1 1-inch piece fresh ginger, chopped

1 small watermelon, halved and cut into serving-size wedges

In a saucepan, combine the lemon juice, lime juice and sugar. Bring just to a boil.

Cook and stir until the sugar is dissolved.

Reduce heat and add the chile peppers and ginger.

Simmer, uncovered, for 4 minutes. Remove from the heat.

Strain through a fine-mesh sieve and discard solids.

Cool to room temperature.

To serve, drizzle the jalapeno syrup over the watermelon wedges.

Per Serving (excluding unknown items): 189 Calories; 2g Fat (8.7% calories from fat); 3g Protein; 44g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.