

Fast & fresh



Watermelon salad with lime dressing

Angela Baker, PORTLAND

SERVES 6 | 15 MINUTES

1 lime

¼ cup sugar

4 cups cubed watermelon

1. Zest lime, then cut off and discard outer white membrane. Chop lime into small pieces, reserving juices.

2. Combine lime zest and pieces with their juices, sugar, and ¼ cup water in a small saucepan. Cook over high heat until boiling. Let cool slightly. Pour lime dressing over watermelon in a bowl and mix to combine.

PER 1½-CUP SERVING 63 CAL., 0% (0 CAL.) FROM FAT; 0.3 G PROTEIN; 17 G CARBO (0.7 G FIBER); 0.1 MG SODIUM; 0 MG CHOL.