

Hot, Sweet Watermelon



3/4 teaspoon whole peppercorns or coarsely ground black pepper
 1-1/2 teaspoons very finely chopped mint leaves
 6 cups cold 3/4-inch seedless red watermelon cubes
 Fresh mint leaves

1. Put peppercorns on cutting board. Use the bottom of a heavy pan to press firmly on the peppercorns and crush them into a semi-coarse texture.
2. Combine the crushed peppercorns with chopped mint leaves.
3. In large bowl, toss peppercorn-mint mixture with watermelon.
4. Garnish with mint leaves.

Yield: 4 servings

Nutrition Facts		
Servings per recipe: 4		
Calories 75	Calories from fat 9	
	% Daily Value	
Total Fat 1g		2%
Saturated Fat	trace	0%
Cholesterol 0mg		0%
Sodium 5mg		0%
Carbohydrate 17g		6%
Dietary Fiber	1g	5%
Protein 1g		3%
Vitamin A: 17%	Vitamin C: 37%	Folacin: 1%
Calcium: 2%	Iron: 3%	Potassium: 8%

Modified from original source: Fruits & Veggies More Matters at <http://www.fruitsandveggiesmorematters.org>
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