Louisiana Harvest of the Month

Watermelon Fries

Home Recipe

Serves: 4
Prep Time: 15 minutes

Ingredients

For Watermelon Fries

- 1 pound of watermelon, cut into fries
- Zest of 1 lime
- ½ tsp chili powder

For dipping sauce

- ¼ cup Greek yogurt
- 1 Tbsp lime juice
- 2 tsp honey
- Pinch of chili powder

Cooking Instructions

1) In a medium bowl combine watermelon, lime zest and chili powder
2) Separately in a small bowl whisk together the dipping sauce ingredients. Serve watermelon fries with dipping sauce on the side. Garnish with lime zest and chili powder.

Nutrition Facts

servings per container
Serving size (135g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 0mg	0%
Potassium 138mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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