



西瓜  
沙拉

## WATERMELON PEEL SALAD

Clears summer heat and stomach heat.  
Generates body fluid and relieves thirst.

### INGREDIENTS

- 500 g (17.06 oz) watermelon peel
- 1 tsp salt

#### Dressing:

- 20 g (0.71 oz) garlic, minced
- 1/2 tsp sugar, to taste
- 1/4 tsp salt, to taste
- 2 Tbsp sesame oil
- 3 tsp vinegar

*Makes 3 servings*

### PREPARATION

- Take the white portion of the watermelon peel and cut into 2 inch by 1/2 inch strips.
- Combine the strips of watermelon peel and salt in a bowl. Mix with hands for 5 minutes. Then rinse under cold water to remove salt. Place peels on paper towels to dry.
- Combine garlic, sugar, salt, sesame seed oil and vinegar in a bowl. Mix with a whisk. Add watermelon peel and toss until evenly combined. Marinate for 1 hour before serving.