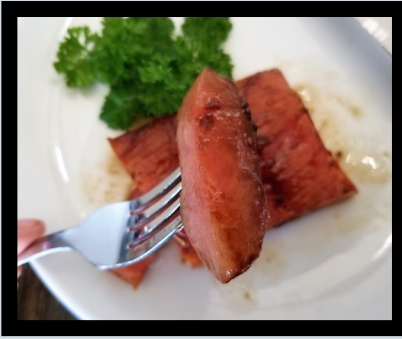


Grilled Watermelon Filet

Author: Amber Gibson



Makes 2 servings
Serving: 1 Filet
Protein: 0.8 g per filet

Ingredients:

- 200 g Watermelon Filets, 1 1/2 inch by 4 inch rectangle cut and about 1 inch high
- 2 TBSP Steak Sauce
- 1/2 tsp Salt, Table
- 1/4 tsp Pepper, black

Instructions:

1. Preheat grill over medium flame. Lightly spray the watermelon filets with nonstick cooking spray and place on the grill. Allow to cook, without moving the filets, until you see nice grill marks. It should take about 5 minutes. Flip the filets with tongs.
2. While cooking the other side, baste the filets with the steak sauce and season with salt and pepper. Once you see nice grill marks on the other side, flip again and quickly baste this side with the steak sauce and season with salt and pepper. Remove from grill and serve immediately with low protein rice, mashed potatoes, roasted vegetables, etc.....