

Sautéed Summer Watermelon Rind Recipe

Ingredients

- 2 tbsp. olive oil
- 1 medium onion
- 4 cloves garlic
- 2 cups watermelon rinds (dark green edge removed, chopped into small cubes)
- 1 tbsp. soy sauce
- 1 large tomato
- ½ tsp. oregano
- Fresh basil, torn or chopped
- Salt and pepper, to taste

Steps

1. Start by prepping your vegetables. Chop the onion into thick slices, and cut those slices in half. Mince the garlic. Make sure all the red watermelon flesh is removed from the rind. You can leave the green skin on the watermelon if you like- it will soften a lot as you cook, but still be a little tough. Personally, I prefer it with the skin removed. Chop the tomato in small pieces.
2. Heat your olive oil in a large skillet with a lid. Add the onion and garlic, and cook for a minute or two. Add the watermelon rinds and soy sauce, and stir so the rinds are coated. Add the tomato and half a cup of water. Cover, and let simmer for 10 minutes.
3. After 10 minutes, remove the lid. Cook for a few minutes, stirring, to allow excess water to evaporate. Add the oregano, salt and pepper to taste. Turn off the heat, add fresh basil, and serve. Excellent over pasta, bread, or as is.

