

# Watermelon Dill Pickles

While the traditional rind pickles includes cloves, this recipe feature dill in a fresh new way! Try them on a burger, eggs and even potato salad!

Makes: 6 servings  
 Prep Time: 10 minutes

Source: <https://www.watermelon.org/recipes/watermelon-dill-pickles/>

## Ingredients

- 2 lbs. watermelon rind, trimmed
- 8 sprigs fresh dill, stem and sprigs
- 4 Fl oz. water
- 3 tsp. salt
- 3 tbsp. sugar
- 12 Fl oz. apple cider vinegar
- 2 Fl oz. rice wine vinegar
- 2 tbsp. fresh garlic, minced
- 1 tsp. dried dill
- 2 tbsp. peppercorns
- 1/2 tsp. ground coriander
- 1/2 tsp. red pepper flakes
- 1/4 tsp. cumin

## Directions

1. Rinse watermelon and carefully cut away all the peel and flesh. Cut the rind into ¼ inch wide by 2 inch long strips.
2. Place fresh sprigs of dill and rind into a secured-top container that will hold all rind and liquid.
3. Place water and spices into pot and place on high heat and let simmer. Whisk until all of the ingredients are dissolved.
4. Pour the hot liquid mixture over the rind and let set for 20 minutes. Then, place and secure lid or top on the container, then label, date and store in refrigeration.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/4 cup	
Nutrients	Amount
Calories:	16
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	96 mg
Total Carbohydrates:	5 g
Dietary Fiber:	0 g
Total Sugars:	5 g
Added Sugars:	5 g
Protein:	0 g

## Utensils Needed

- Food processor or Blender
- Measuring utensils
- Cutting board
- Knife
- Pot
- Tight-lid Container

# SHOPPING LIST

Average total cost without oil and seasonings: \$6.53

Average cost/serving: \$1.09

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Garlic



Add 1 to Cart  
Dill



Add 1 to Cart  
Watermelon

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- For the rind to reach full flavor, cure for two weeks.
- After week 1 taste the rind to ensure you have the right flavor profile and adjust as necessary.
- After week 2 the rind will be slightly crisp, have a pink color to the rind, and a bold flavor.
- Pickles will soften and darken the longer they are stored. You can enjoy anytime, you don't have to wait the two weeks!