

Chilled Cucumber & Watermelon Skewers

INGREDIENTS

- Cucumbers
- Watermelon
- Red onion
- Fresh limes
- Fresh mint
- Chili powder

INSTRUCTIONS

1. Chop cucumber into half-inch-thick pieces.
2. Cut watermelon into 1-inch-thick chunks.
3. Slice red onion into thin cubes.
4. Layer the cucumber, watermelon, and red onion pieces on skewers.
5. Squeeze fresh lime juice over the top and garnish with a pinch of chili powder and fresh mint.



Stone Fruit Arugula Salad *with Herbs & Asparagus*



INGREDIENTS

- Asparagus
- Arugula
- Summer herbs (your choice) or microgreens
- Fennel
- Red onion
- Radish
- Stone fruits of choice (plums, peaches, nectarines)
- Goat cheese or feta cheese
- Balsamic vinaigrette

INSTRUCTIONS

1. Grill or roast asparagus until tender.
2. Toss with fresh arugula, herbs, and microgreens.
3. Thinly slice fennel, red onion, and radish. Add to mix.
4. Slice stone fruits and add to mix.
5. Sprinkle with goat cheese or feta cheese.
6. Drizzle with balsamic vinaigrette.



Summer Salsa

(best served with grilled fish, chicken, or tofu)

INGREDIENTS

- Red pepper
- Mango
- Red onion
- Jalapeño (optional)
- Avocado
- Fresh limes
- Cumin

INSTRUCTIONS

1. Finely dice red pepper, mango, red onion, and jalapeño (if using).
2. Slice avocado in small chunks.
3. Mix all ingredients in a bowl.
4. Add fresh lime juice and a pinch of cumin, then mix again.



Summer Fruit Salad

INGREDIENTS

- Mango
- Any type of melon
- Peaches
- Assorted summer berries (raspberries, strawberries, blackberries, blueberries)
- Balsamic vinegar
- Fresh mint and basil
- Coconut flakes
- Sliced almonds

INSTRUCTIONS

1. Dice mango, melon, and peaches.
2. Mix with berries in a large bowl with 1 tablespoon balsamic vinegar.
3. Let sit in the fridge for at least one hour.
4. Upon serving, toss in coconut flakes and sliced almonds.
5. Garnish with fresh mint and fresh basil.

