

## CHILLED MELON GAZPACHO

1 WHOLE RIPE SUMMER MELON, PEELED AND CUBED, ABOUT 2LBS, CANTELOUPE, HONEYDEW, CHARENTAIS, OR CRENSHAW. DO NOT USE WATERMELON AS IT IS TOO WATERY.

1 CUCUMBER, SEEDLESS. PEELED AND CHOPPED

1 TABLESPOON RED ONION, MINCED

2 TABLESPOONS VINEGAR, SHERRY, CIDER, OR CHAMPAGNE

HANDFUL OF FRESH HERBS LIKE MINT AND BASIL

¼ CUP GREEK YOGURT, FULL FAT (OPTIONAL)

¼ CUP EXTRA VIRGIN OLIVE OIL

1. PUREE THE 1<sup>ST</sup> 5 INGREDIENTS (6 IF USING YOGURT) UNTIL COMPLETELY SMOOTH
2. WITH MACHINE ON, DRIZZLE IN OLIVE OIL
3. CHILL THOROUGHLY BEFORE SERVING
4. SERVE IN CHILLED BOWLS FOR THE BEST RESULTS

GARNISH WITH FRESH HERBS, TOASTED CROUTONS, MORE OLIVE OIL, PROSCIUTTO, GOAT CHEESE...

## SUMMER BERRY VINAIGRETTE

1 C BERRIES, FRESH OR FROZEN (IF USING FROZEN BERRIES, THAW BEFORE USING AND USE ALL JUICES)

¼ C LEMON JUICE, FRESHLY SQUEEZED

1 TABLESPOON DIJON MUSTARD

¼ C VINEGAR (CIDER/WHITE WINE/SHERRY/WHITE BALSAMIC PROVIDE THE BEST COLOR. REGULAR BALSAMIC AND RED WINE ARE DELICIOUS AND WILL DARKEN THE FINAL PRODUCT)

¼ C HONEY, AGAVE, MAPLE OR DATE SYRUP

½ C OIL EXTRA VIRGIN OLIVE OIL (CAN SUB ANY OIL)

1 TEASPOON SEA SALT (OPTIONAL)

1. IN A FOOD PROCESSOR OR USING A WHISK AND BOWL, COMBINE ALL INGREDIENTS EXCEPT OIL UNTIL WELL INCORPORATED
2. IF YOU ARE USING SALT, WHISK IN
3. SLOWLY DRIZZLE OIL IN WHILE COMBINING
4. CHILL THOROUGHLY AND COVER TIGHTLY. THIS DRESSING WILL LAST FOR 14 DAYS

THE FUN THING ABOUT THIS RECIPE IS THAT IT IS GOOD FOR ALL KINDS OF ADDITIONS...CHIA & POPPY SEEDS, FRESH CRACKED BLACK PEPPER, FRESH HERBS (BASIL/MINT/TARRAGON ARE AWESOME), TOASTED NUTS OR SEEDS, AND EVEN BACON IS REALLY TASTY. THEY CAN BE ADDED DURING STEP # 3. THIS DRESSING IS GOOD FOR RAW VEGETABLE SALADS, WORKS WITH CHEESES AND GRILLED STUFF LIKE CHICKEN AND FISH.