

Fresh Fruits With Lemon Basil Dressing

Orange Sections
Strawberries
Kiwi's—peeled and sliced
Any other fruit that is in season with good color and flavor
Prepare fruits and arrange on individual plates or platter, refrigerate.

Dressing:

2 T fresh Lemon Basil leaves, chopped
Juice of 1/2 Orange
Juice of 1/2 Lemon
Juice of 1/2 Lime
1 Cup Yogurt or sour cream
1-2 oz. of honey

In a blender or food processor, place the lemon basil leaves with the citrus juices. Process until pureed. Add yogurt or sour cream and honey. Taste and correct seasoning with more citrus juice and or honey. Spoon dressing over fruit and serve.

Caesar Salad Crouton Cups

Butter flavor non-stick cooking spray
12 slices of white bread (may substitute any soft bread slice)
1 teaspoon garlic salt
1 teaspoon Thyme leaves
1 teaspoon Rosemary leaves, chopped
1/2 teaspoon pepper
4 cups of romaine lettuce, finely chopped or sliced in 1/8 inch pieces
2 green onions, thinly sliced plus a few extra for garnish
Caesar Salad dressing to taste
Shredded parmesan cheese
Preheat oven to 350 degrees. Spray muffin tin with cooking spray. Trim crusts off of bread, spray both sides with cooking spray. In a small bowl mix together the garlic salt, thyme, rosemary, and pepper. Lightly sprinkle mixture over both sides of the bread. Use a rolling pin to slightly flatten bread and embed the spice mixture. Press each slice into a muffin cup allowing edges to hang over cup. Bake 12 –15 minutes or until golden brown and crisp. Remove from oven and cool. Toss lettuce and green onions with dressing, spoon into cups, garnish with cheese and additional green onions. Serve immediately.

Cucumber Cups

2 large cucumbers (seedless preferred)
1 8 oz. pkg. cream cheese, softened
1/3 cup finely chopped onion
1 Tablespoon snipped fresh dill weed
1 Tablespoon milk
1/8 tsp. salt
1/8 tsp. pepper
2 Tablespoons finely chopped pistachio or pine nuts

Peel cucumbers; cut each crosswise into 8 chunks. Using a melon baller, hollow one end of each chunk; set aside. Combine cream cheese, onion, dill, milk, salt, and pepper; spoon into hollowed cucumbers, mounding slightly. Sprinkle with nuts. Makes 16 servings.