

July 2012

July is BLUEBERRY Month! Another refreshing salad option for your summer get-togethers - this one has a bit of a twist with some surprising flavor combinations - Hope you give it a try!

With a couple of cool salads and your trusty Bar-B-que you will be all set for the HOT Summer days ahead.... ENJOY!



Watermelon & Blueberry Salad:

6-8 servings

4 C. Watermelon cubes
1/2 C. toasted pine nuts
1/2 C. crumbled Blue Cheese

2 C. Blueberries - rinsed and drained
1/2 C. chopped pitted dates
2-4 Tbsp. chopped fresh parsley or mint

Dressing:

1/4 C. freshly squeezed Lime juice
2 Tbsp. Honey
1 tsp. onion juice (or 1 Tbsp. freshly grated white onion)

- In a large salad bowl, combine the watermelon cubes, blueberries, pine nuts, dates, Blue cheese and parsley/mint. Stir gently to combine. Cover and refrigerate the salad until ready to serve.
- In a separate bowl, stir to combine the lime juice, honey and onion.
- Pour the dressing over the salad ingredients just before serving. Stir to combine all the dressing over the fruits.