



Spinach Salad with Grapefruit, Orange, and Avocado

3 tablespoons sesame seeds
3 generous handfuls (about 6 cups) baby spinach leaves
1 grapefruit peeled and sectioned
1 navel orange peeled and sectioned
1 ripe avocado peeled and sliced
Ground black pepper to taste

Toast sesame seeds briefly in a small skillet over medium heat.

Toss together in a salad bowl, baby spinach, sesame seed, and 3-4 tablespoons of dressing.

Divide spinach among chilled salad plates, arrange grapefruit & orange section.

Top with fresh ground black pepper and sever!

Dressing

1 clove garlic
2-3 pinches of salt
¼ cup tangerine or Clementine juice
2 tablespoons fresh lemon juice
2 small shallots, minced
2/3 cups EVOO

Mash together garlic and salt until a paste is formed.

In a small mixing bowl add, garlic paste, tangerine or Clementine juice, lemon juice, and minced shallots. Add EVOO in a slow steady stream, whisking constantly. Taste and adjust seasonings if needed.

Spicy Lime & Ginger Grilled Shrimp

¾ cup fresh lime juice
1 tablespoon minced fresh ginger
2 garlic cloves, minced
2 shallots, finely chopped
2 tablespoons cilantro, finely chopped
1/8 teaspoon fresh black pepper
1/8 crushed red pepper flakes (or to taste)
2 ½ tablespoons lemon or lime marmalade
1/3 cup evo
1 cucumber, halved and seeded
4 carrots, peeled
1 head of red leaf lettuce
2 tablespoons cilantro, finely chopped
16 21-25 raw shrimps

1. Soak bamboo skewers in cold water for at least 1 hour. This will prevent them from burning when grilled.

2. Combine the lime juice, ginger, garlic, shallots, cilantro, black pepper, red pepper flakes, and marmalade in a small mixing bowl, Whisk until all the ingredients are well combined. Slowly add the evo, whisking until well incorporated.

3. Thread 4 shrimps per wooden skewer and lay them on a flat shallow dish. Pour ½ of the marinade over the shrimp and marinate for ½ hour, turning once.

4. Shred the cucumber and the carrots. Use a food processor or a box grater will work fine. Place in a medium mixing bowl. Add enough of the remaining marinade just to moisten the vegetables, reserve the rest of the marinade for dipping.

5. Prepare the BBQ, medium high heat. Cook the shrimps flat on each side for 3-4 minutes. Arrange the red leaf lettuce on a large platter; mound the vegetable mixture on top. Place the skewered shrimps around the vegetables. Garnish with the chopped cilantro.

Honey Roasted Sweet Potatoes

2 pounds sweet potatoes peeled and cut into 1-inch pieces

2 tablespoons evoo oil

2 tablespoons honey

1 teaspoon fresh lemon juice

½ teaspoon salt

1. Preheat oven to 350 degrees F.

2. Place all peeled and cut potatoes in a 9X13 baking dish.

3. In a small mixing bowl whisk together evoo, honey and lemon juice, Pour mixture over the potatoes toss to coat.

4. Sprinkle with salt and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

Asparagus Almondine

1 lb. fresh asparagus

2 tablespoons slivered almonds

2 tablespoons evoo

1 tablespoon fresh lemon juice

Cook asparagus. Meanwhile cook almonds in evoo over low heat, until golden brown. Remove from heat and add lemon juice, pour over asparagus and sever!