

Fresh Corn and Tomato Salad in Avocado with Cilantro Dressing

Salad

3 cups fresh corn cut from the cob
2 cups fresh tomatoes, seeded and chopped
2/3 cup chopped red onion

Combine corn, tomatoes and onions, toss with ¼ cup or more to taste of dressing.
½ of fresh avocado per person

Vinaigrette

1/3 cup good quality olive oil try Castello di Ama Italian oil
½ cup cilantro
2 tablespoons fresh mint leaves
2 tablespoons white wine vinegar
1 tablespoon fresh lime juice
2 teaspoons brown sugar
freshly ground pepper
1 teaspoon finishing salt Try Himalayan Pink salt

Combine all ingredients in a blender, puree until smooth.

Spoon corn, tomato onion mixture on top of avocado. Drizzle with a bit more vinaigrette.
Garnish with lime wedge and fresh cilantro.

Watermelon, Cucumber, Watercress and Mint Salad

4 cups seeded watermelon cut in cubes
2 cups seeded cucumbers cut in cubes
½ cup feta cheese cubes
¼ cup fresh mint chopped

¼ cup toasted pine nuts
Watercress about 2 cups

Vinaigrette

¼ cup fresh lime juice
¼ cup high quality olive oil Try Spanish Valdeza olive oil
whisk together

Toss watermelon cucumbers feta cheese and fresh mint with most of the vinaigrette. Add watercress and toasted pine nuts. Finish with 1 teaspoon sea salt, try Fleur de Sel and garnish with fresh mint sprig.