



Season 9 - Episode 901

## **A Traditional Family Picnic**

### **Cantaloupe and Bocconcini Salad with Mint**

*Serves 4*

*Total time 15 minutes*

1 ripe cantaloupe  
8 ounces bocconcini (small mozzarella balls)  
2-3 thin slices ham or prosciutto, cut into strips  
1 T. fresh lemon juice  
Coarse salt and fresh ground pepper  
¼ c. torn mint leaves

1. Scoop the cantaloupe into 1-inch balls with melon baller. (You should have about 3 cups)
2. In a large bowl, combine the cantaloupe balls, bocconcini, ham, lemon juice salt and pepper.
3. Toss the salad with the mint and serve immediately.

### **Heirloom Tomato Salad with Garlic Oil**

*Serves 4*

*Total time 20 minutes*

3 T. extra-virgin olive oil  
3 small garlic cloves, thinly sliced lengthwise  
2 pounds heirloom tomatoes, halves, and quartered  
Coarse salt and freshly ground pepper  
½ bunch chives, cut into 1-inch pieces (1/4 c.)  
¼ c. fresh basil, leaves torn if large

1. Heat oil and garlic in a small sauté pan over medium-low heat. Cook until garlic is golden, about 6 minutes. Transfer to a bowl and let cool.
2. Arrange tomatoes on a serving platter and season with salt and pepper. Drizzle with the garlic oil and sprinkle with chives and basil just before serving.

## **Bok Choy, Carrot, and Apple Slaw**

1 pound baby Bok Choy, halved lengthwise  
Coarse salt and fresh ground pepper  
1 apple - peeled and cut into matchsticks. (I did not peel mine)  
2 large carrots, shredded  
3 T. fresh lemon juice  
1 T. vegetable oil  
1 t. finely grated peeled fresh ginger

1. Rinse the bok choy under cold water to remove grit. Cut crosswise into thin strips; Place in a large colander and sprinkle with 1 t. salt. Toss to coat.
2. In a large bowl, mix apple, carrots, lemon juice, oil and ginger. Add Bok Choy; season with salt and pepper.

## **Black Bean Salad**

1 package (8 1/2 oz.) corn bread/muffin mix prepared as directed  
2 cans (15 oz.) pinto beans rinsed and drained  
2 cans (15 1/2 oz ) whole kernel corn, drained  
1 can black beans (15 oz.) rinsed and drained  
1 medium green pepper, chopped  
1 medium red pepper, chopped  
1/2 cup chopped onion  
2 cups shredded cheddar cheese

Mix all ingredients except corn bread together

Dressing:

1 cup sour cream  
1 cup mayonnaise  
1 envelope Fiesta ranch dressing mix

Add dressing and corn bread broken into bite size pieces just before serving. The cornbread will get soggy if added too soon.