



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.