

Gazpacho Salad (Very Rustic Tomato Salsa)

1 pt. Cherry Tomatoes, halved
1 Cucumber, peeled, seeded and cut into 1/4" dice
1 small Red Onion, cut into 1/4" dice
1 small Red Pepper, cut into 1/4" dice
1 stalk Celery, peeled and cut into 1/4" dice
juice and zest from 1 Lime
drizzle of fruity Extra Virgin Olive Oil
Salt and Pepper to Taste
a few drops of your favorite Hot Sauce

Toss together all ingredients, tasting as you go. Add more Salt, Pepper, Lime, Olive Oil, and Hot Sauce as needed or to suit your taste.

Recommended Enhancements:

Add some diced Cantaloupe, Watermelon, or Mango to the vegetables to make it even more refreshing. Substitute a good quality wine vinegar for the lime juice (Sherry Vinegar is recommended).

For the perfect Summer meal, add a piece of seared or grilled Tuna, Salmon, Shrimp, or Chicken

Cous Cous Salad with Mint

Cous Cous:

3 T. Extra Virgin Olive Oil
1 ½ C. Cous Cous
2-1/4 C. Chicken Stock
½ t. Salt, Pepper

Place 2 T. Olive Oil in saucepan, melt gently, and add Cous Cous.

Stir until coated with Oil and cook 1 minute

Add the stock all at once, along with ½ t. Salt. Bring to a boil, and then turn the heat down as low as possible.

Cover and cook 5-8 minutes, or until all of the liquid is absorbed

Pour the Cous Cous into a bowl, and stir in the remaining 1 T. Olive Oil with a fork to fluff it up. Check seasoning

Just before serving, add in:

1 ½ C. Minced Parsley leaves
1 Tomato, seeded and fine diced
½ C. minced Scallions
1 C. minced fresh Mint Leaves
1/3 C. fresh Lemon Juice
1/3 C. Extra Virgin Olive Oil
Salt and Pepper to taste