

Show 28: *Life is a Picnic!*

Salsa to Share

½ lbs. yellow chili peppers, chopped small (wear gloves)
3 large sweet onions, chopped
2 large cloves garlic, chopped
2 bunches of cilantro, chopped
¼ cup lemon juice
2 large cans tomatoes
1 T. fresh oregano
corn from 1 cooked cob of corn

Mix altogether in a large bowl. Refrigerate. Keeps about one week. Makes a lot. Put in jars and give to friends!!

Lime-Chicken Pasta Salad

¾ Cup Olive Oil
1 t. fresh ground pepper
6 T fresh lime juice
¼ t cayenne pepper
½ t. salt
2 T balsamic vinegar
4 large skinless bone-less chicken 1 & 1/2#
½ t. sugar
1 t Dijon mustard
1 Spanish onion, finely chopped
1 red pepper, chopped
1 yellow pepper, chopped
1 cucumber peeled, halved, seeded, sliced
1 large tomato, seeded & chopped
1 large carrot peeled & chopped
1 (8 oz.) can artichoke hearts packed in water, drained
1 pound pasta
½ C freshly grated Parmesan cheese

In a large, plastic zip-tight bag, combine ¼ cup of the olive oil, 4 Tablespoons of the lime juice, ½ teaspoons of the black pepper, ¼ teaspoons of the salt, and the cayenne. Add the chicken and seal the bag, pressing out the air. Refrigerate at least 1 hour up to 2 hours.

Meanwhile, in a large bowl, whisk together the vinegar, mustard, sugar, the remaining ½ teaspoon pepper, the remaining ¼ teaspoon salt, the remaining 2 tablespoons lime juice, and the remaining ½ Cup olive oil. Add the onion, red and yellow peppers, cucumber, carrot, tomato, celery, and artichoke hearts and toss to combine.

With tongs, lift the chicken from the marinade, discard the marinade. Grill the chicken on the stove top or broil in the oven, until cooked through, about 5 minutes per side. Cool to room temperature and thinly slice crosswise. Add to the bowl of veggies and toss to combine.

Meanwhile, in a large pot of boiling salted water, cook the pasta according to package directions; drain well. Add the pasta and cheese to the chicken and toss to combine.

Serves 8

Tropical Fruit Salad with Honey & Rum Dressing

In a large bowl add:
1 ripe papaya, peeled, halved, seeded, but into cubes
½ ripe pineapple, peeled, cored, cut into cubes
3 large bananas, peeled, but into ½ " slices
1 ripe mango, peeled, seeded cut into cubes
Strawberries, hulled, halved.

Cut one lime in half and squeeze over fruit.

For Dressing

4 T honey
3 T dark rum
1 t. Angostura bitters (optional)
½ cup yogurt

Whisk honey and rum in a large bowl to blend. Add bitters, if desired. Slowly whisk in yogurt

Drain the fruit, sprinkle slivered almonds over fruit and toss with dressing.

Serve in a bowl ... or over a bed of greens.

Cucumber & Red Onion Salad

Dressing
1 t. crushed fresh fennel leaves
¼ C balsamic vinegar
¼ C olive oil
¼ C safflower oil
1 T. Dijon mustard
Salt & pepper
Pinch of sugar

Red onion, divided into rings and cut
2 long English cucumbers (washed & very thinly sliced)

In a small skillet gently heat the crushed fennel and vinegar over low heat for 2 minutes. (the heat will accentuate the flavor of the herb). Pour into a large bowl, add the remaining dressing ingredients and whisk until thick and thoroughly combined.

Add the sliced cucs & onions and toss well. Refrigerate until ready to serve.

Seven Layer Bars

¼ lb. Butter
2 Cups graham cracker crumbs
1 can sweetened condensed milk
6 oz. pkg. Chocolate chips
1 Cup chopped walnuts
6 oz. pkg. Butterscotch chips
1 Cup coconut (flaked or shredded)

Melt butter & mix with crumbs in a 9 x 13" pan. Spread evenly on bottom of pan. Sprinkle chocolate chips, butterscotch chips, and coconut on crumbs. Drizzle half the condensed milk on top. Add walnuts and top with remaining milk. Bake at 325 for 40 minutes. Let cool thoroughly before cutting into squares.

Topper: 6 oz. pkg. White chocolate chips

Topper: melt the white chocolate chips in a resealable baggie. Close up. Snip the corner and squeeze onto the bars just before serving!