

by Barb Kemp

# Summertime Fun

Who feels like cooking in the summertime? Not many. With all the local farmers markets available today it is easy not to cook. Fresh seasonal foods make all dishes spectacular. Salads are the way to go. They can be made in the morning -- before the sun begins to broil, and enjoyed in the evening -- when the sun simmers down. Now is the perfect time to experiment with salads.

## Curried Rice Salad

Serves 8

1 tablespoon oil	1 small onion, diced
1 teaspoon grated fresh ginger	2 teaspoon curry powder
1 cup white rice	2 cups water
1/2 cup coconut flakes, toasted	2 celery stalks, diced
1 red bell pepper, seeded and diced	1 cup Thompson raisins
1 large apple, cored and diced	1/3 cup white wine vinegar
1 tablespoon lemon juice	1 tablespoon honey
1 tablespoon Dijon mustard	1 clove garlic, minced
2/3 cup olive oil	Salt and pepper

Heat oil in a medium pot over medium-high heat. Add onions and sauté until softened, about 4 minutes. Add ginger and sauté 1 minute. Add curry powder and sauté 1 minute. Add water and rice and bring to a boil. Cover and simmer on low for 15 minutes until rice is cooked. Remove from heat and cool slightly. In a large bowl combine rice, coconut, celery, red pepper, raisins and apple. In a small bowl whisk together white wine vinegar, lemon juice, honey, Dijon mustard, garlic and oil. Stir enough dressing over rice to moisten. Season with salt and pepper. Chill until ready to serve.

Barb Kemp writes Recipes To The Rescue Newsletter, a free publication for the everyday cook. For your free copy, e-mail [recipestotherescue@shaw.ca](mailto:recipestotherescue@shaw.ca)

## PEANUT BUTTER CONE

Healthy, delicious, good for picky eaters and great for parties.

- 3 tablespoons smooth peanut butter
- 1/4 of an apple, cut into small pieces
- 1 ice cream cone
- one candy
- Honey (optional)



Spread some peanut butter on the inside of the ice cream cone. Spoon one tablespoon of peanut butter into bottom of cone. Add apple pieces. Cover with remaining peanut butter. Spread honey if you like. Top with candy! Makes one serving.



Tania

April

## Simply Delicious



## Summer Watermelon Salad with Feta and Fresh Mint

This recipe can serve approximately 8 people.

Cut up half a large watermelon into 1 inch cubes and place in one of your favourite bowls. Thinly slice half a red onion and sprinkle with salt to remove its harshness. Let it sit for 5 to 10 minutes, rinse, pat dry and add to the chunks of watermelon. To this you will add your favourite crumbled feta cheese (Macedonian is quite nice for this recipe) and a bunch of roughly chopped fresh mint. To season the salad, add a sprinkle of sea salt, coarse pepper, a splash of extra virgin olive oil and the juice of half a lime. Toss gently with your hands to avoid bruising the fruit. Don't forget to taste and add more of what you like! Serve straight from the fridge with your favourite piece of grilled fish, chicken or lamb.



## Make It Easy on Yourself!



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