

FOOD

Honey-Lime Fruit Salad

Fruit Salad Ingredients

- 1 TB orange zest
- 1 cup freshly squeezed orange juice (3-4 navel oranges)
- 2 TB freshly squeezed lemon juice
- 1 apple
- 1 pear
- 1 banana
- 1 nectarine
- ¼ cup melon (honeydew or cantaloupe)
- 1 cup chunk pineapple
- ¾ cup seedless grapes cut in half (red or green)
- 1 cup strawberries, hulled and quartered
- 1/3 cup blueberries or pitted cherries



Honey Lime Dressing Ingredients

- 1/3 cup of honey
- ¼ cup lime juice (about 1 lime)

Pound Cake Croutons Ingredients

- 8 ounces pound cake
- 1-2 TB butter
- 1 TB minced mint (optional)

Directions

1. To make the Fruit Salad: Place the orange zest, orange juice, and lemon juice in a large bowl.
2. Cut the apple, pear, banana, peach, nectarine, and melon into cubes, adding the fruits to the bowl as you cut them to prevent discoloration.
3. Add the remaining fruits. Stir, coating the fruits with the juices, then cover the bowl with plastic wrap and refrigerate for at least 2 hours.
4. Mix thoroughly before serving.
5. To make the Honey-lime Dressing: In a medium bowl, whisk together the honey and lime juice until smooth.
6. To make the Pound Cake Croutons: Heat the oven to 350°. With a long, sharp knife, slice the pound cake into cubes.
7. Place them on a baking sheet and bake for 12 minutes, turning twice, until golden.
8. Melt the butter in a large skillet over medium heat. Stir in the mint, if using, then add the toasted pound cake.
9. Sauté for 1 to 2 minutes or until golden.
10. Spoon the salad into serving bowls, drizzle it with the Honey-lime Dressing, and then top with Pound Cake Croutons. Makes about 6 cups.

Asparagus Salad with Sweet Pepper Confetti

Ingredients

- 1/3 cup olive oil
- 2 tbsp of red wine vinegar
- 1 tbsp dijon or grainy mustard
- 2 cloves garlic minced
- ½ tsp salt
- ¼ tsp pepper
- 2 pounds asparagus
- ½ red pepper diced
- ½ yellow pepper diced



Directions

1. Add the olive oil, red wine vinegar, Dijon mustard, garlic, salt, and pepper to a small screw-top jar or plastic container. Shake it and set aside.
2. To serve the asparagus cold, have a large bowl of ice water by the side of the stove.
3. Bring a medium pot of lightly salted water to a rapid boil over high heat. Plunge the asparagus into the boiling water. Cook until it is tender but still firm, about 2 to 4 minutes after the water returns to a simmer, depending on the thickness of the asparagus.
4. Drain and plunge it into the ice water. After about 5 minutes, drain and pat dry.
5. Fan out the asparagus, tips facing the same direction, then drizzle with the dressing and sprinkle with the pepper "confetti."
6. If you prefer to serve this warm, drain the asparagus thoroughly after boiling and lay it out directly on the platter.



Happy 70th Anniversary Mildred and Thomas Carr

Come celebrate the platinum years of our marriage as we commemorate our 70th anniversary on Saturday, April 18 at 2 p.m. The celebration will be held at Genesis Community Fellowship Church, 5425 N.E. 27th Ave.

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