

# FOOD



## Avocado and Corn Salsa

### Ingredients

- 3 ripe avocados, peeled, pitted and diced into large cubes.
- 3 corn ears, (about 2 cups of kernels), husked.
- 1 red onion, finely diced.
- 1 red bell pepper, finely diced.
- ½ cup of olive oil.
- ½ cup of lime juice.
- ¼ cup of freshly chopped oregano.
- ¼ cup of red wine vinegar.
- 1 tablespoon of minced garlic.
- 1 tablespoon of ground cumin.
- 1 teaspoon of chili powder.
- 4 shots of tabasco sauce.
- Salt and pepper, to taste.

### Directions

1. Blanch the corn in boiling water for 3 minutes, then drain and cool under cold water.
2. Cut the kernels off the cob and mix together with all the remaining ingredients in a suitably sized bowl.
3. Cover and refrigerate for up to 3 days.

## Grilled Watermelon Cheddar Burger

### Ingredients

- 4 hamburger patties-ready to grill
- 4 slices white cheddar cheese
- 4 slices watermelon about the same size as the burgers, seeded
- 1 tablespoon ground pepper
- 4 toasted buns



### Instructions

1. Grill the hamburgers almost to desired doneness but 30 seconds before they are done, place a cheese slice atop each burger.
2. Place the watermelon slices on the grill and dust with the pepper to taste.
3. Assemble the burgers on the buns with a slice of warmed watermelon on each on top of the cheese.

## Smoked Salmon and Watermelon

### Ingredients

- 3 tablespoons mayonnaise
- 1/2 teaspoon mild curry powder blend
- 1 tablespoon sweet pickle relish
- 1 12- to 16-inch soft rectangular flatbread or extra large tortilla cut into a rectangle
- 1 1/2 cups cooked rice, cooled (instant is fine)
- 4 ounces smoked salmon, torn into pieces
- 3/4 cup minced seedless watermelon



### Directions

1. Mix the mayonnaise, curry and relish together and spread evenly over the flatbread or tortilla.
2. Sprinkle the rice evenly over the bread leaving a 1-inch wide strip down the length of a long side of the bread without rice and just the sauce exposed.
3. Press down on the rice to pack. Place the salmon and watermelon in a compact line (on top of the rice) down the edge of the other long side of the bread - on the opposite side from the long side without the rice.
4. Starting with the side of the bread that has salmon, rice and watermelon, roll over the bread to enclose the salmon and seal the roll with the strip of bread with the sauce and no rice forming a cylinder. Wrap tightly in plastic wrap and refrigerate for 1 hour. Using a sharp, serrated knife cut the cylinder into 2-inch thick slices simulating the look of sushi.

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