

Salad Days

Go Meatless on Mondays.

Join the national Meatless Monday campaign and pledge to reduce your meat intake, one Monday at a time. It's a fun way to explore meatless eating, and there are some great



meals

Spinach Salad Pecan Cheese

Yield: 4 servings

Salad:

- 1/2 cup finely chopped toasted pecans
- 1 1/2 teaspoons finely chopped fresh mint
- 1 8-ounce log goat cheese, chilled
- 1 bag (6 ounces) raw baby spinach, stems removed
- 3/4 cup fresh blueberries
- 1 1/3 cup watermelon cubes, 1/2- to 3/4-inch dice

Dressing (yield: 3/4 cup):

- 1 cup fresh peach slices
- 1 tablespoon fresh lemon juice
- 2 tablespoons cider vinegar
- 5 tablespoons canola or vegetable oil
- 1 teaspoon sugar, as needed
- 2 tablespoons finely chopped onion

Salt and pepper to taste
Combine chopped pecans and mint. Spread pecan mixture on a plate or cutting board, and gently roll cheese to coat evenly.

Place peaches, lemon juice and cider vinegar in blender and puree until smooth. Add 1/8 teaspoon salt and a pinch of pepper. Add canola oil, and then puree until smooth and

thickened.

Remove from blender, stir in onion, and adjust seasoning with salt and pepper. Cover and refrigerate if not using right away.

In large bowl, add spinach and add enough dressing to coat all of the leaves evenly. Divide dressed spinach on four chilled plates and garnish with blueberries and watermelon.

Slice goat cheese into eight equal pieces. Add two slices of goat cheese on top of each salad. Serve immediately.

Summer Ambrosia

Yield: 8 servings; 1 cup per serving

- 2 ripe peaches, peeled, pit removed, cut 1/2" slices
- 3 cups watermelon cubes, about 3/4-inch dice
- 1 1/4 cups fresh blueberries, rinsed
- 2 ripe mangos, peeled, seed removed, 1/2-inch dice
- 1 cup sweetened coconut (toasted if desired)
- 1/3 cup fresh-squeezed lime juice
- 1 1/2 tablespoons Grand Marnier or Triple Sec
- 4 teaspoons honeyPinch kosher salt
- 1 cup toasted pecans, roughly chopped

In large bowl, combine peaches, watermelon, blueberries, mango and coconut.

In small bowl, whisk together the lime juice, Grand Mariner, honey and salt.

Pour lime mixture over fruit and toss to coat. Cover and refrigerate for no more than 30 minutes.

Just before serving, mix in pecans.

Panko-Crusted Tilapia Salsa

Yield: 4 servings

Salsa:

- 1 cup chopped fresh peaches, cut into 1/4-inch dice
- 3/4 cup chopped watermelon, cut into 1/4-inch dice
- 1/3 cup chopped Vidalia onion, cut into 1/8-inch dice
- 1/2 cup seeded, English cucumber, 1/4-inch diced
- 1 medium-size jalapeño pepper, seedless, chop fine
- 3 tablespoons fresh lime juice
- 1 1/2 tablespoons extra virgin olive oil
- 1 tablespoon chopped cilantro

Kosher salt and fresh-ground pepper, to taste

Tilapia:

- 4 6-ounce tilapia fillets



- 1/2 cup all-purpose flour
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 2 eggs, lightly beaten
- 1 1/4 cups panko (Japanese) breadcrumbs

Kosher salt and freshly ground black pepper
Vegetable or canola oil for pan frying
Make salsa a few hours ahead of time by combining all salsa ingredients in bowl. Season to taste with salt and pepper, and then cover and refrigerate until use.

For the fish, prepare three shallow bowls such as pie pans. In the first, place flour, paprika and cayenne, stirring to combine. In the second, place beaten eggs. In the third, place panko.

Pour almost 1/4 inch of oil into a large sauté pan. Heat over medium heat until shimmering and hot.

Season fillets liberally on one side with salt and pepper. Dredge each fillet, one at a time, first in seasoned flour, then egg, and finally panko, gently shaking off any excess after each step.

Gently put one or two fillets in sauté pan without crowding. The oil should come almost halfway up the thickness of the fish. Pan fry until golden brown, turning once, about 2 minutes each side.

Place fish on a paper-towel lined plate. Repeat process with remaining fillets.

Place fish on serving plates and top with desired amount of salsa. Enjoy immediately.

More recipes at <http://gfvg.org/georgia-grown>

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