



SPICY CUCUMBER & GARLIC SALAD

4 servings

Ingredients

- 3 large cucumbers, unpeeled
- 3 garlic cloves
- 1 small hot red pepper
- ¼ cup olive oil

Step-by-Step Preparation

1. Cut the cucumbers into small cubes. Place in a jar.
2. Peel and finely chop the garlic cloves. Add them to the jar.
3. Cut open the hot pepper (you may want to wear gloves) and remove the seeds. Finely chop the pepper, and add to the jar.
4. Pour the oil into the jar. Cover and shake. Refrigerate for several hours. Serve cold.



TUNA SPREAD

2 servings or use as a dip

Ingredients

- 1 can tuna
- 1 hard-boiled egg cut in pieces
- 1 heaping tsp. chopped parsley
- ½ small onion, cut into quarters
- 1 Tbsp. mayonnaise

Step-by-Step Preparation

1. Drain the tuna and place it in the food processor.
2. Add the egg, chopped parsley, onion and mayonnaise.
3. Blend until the mixture is smooth.



YOGURT-TOPPED WATERMELON

6-8 servings

Ingredients

- 1 small watermelon
- 2 cups vanilla-flavored yogurt
- Chocolate sprinkles

Step-by-Step Preparation

1. Slice and cut the watermelon away from the rind, and cut into medium-sized pieces.
2. Pour the yogurt into a separate bowl.
3. Dip a watermelon piece into the yogurt, then sprinkle it with chocolate and eat.
4. If you have a fruit scoop, you can cut the watermelon in half, scoop out watermelon balls and place them in a bowl. Top the balls with yogurt and sprinkle with the chocolate.