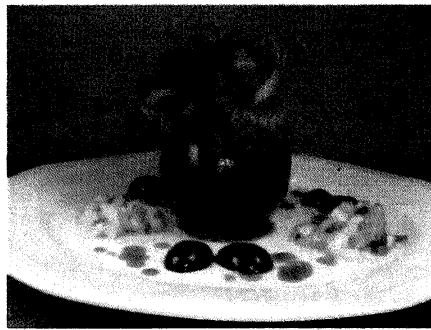


# BOUQUET SALAD OF FARM GREENS WITH PINEAPPLE-MANGO SALSA AND ORANGE-LIME VINAIGRETTE

*Chef Lola*



## **Servings: 4**

## **Yield: 1 serving**

*4 tomatoes, small  
1 cup spring mix  
1/2 cup pineapple, diced small  
1/2 mango, diced small  
2 tablespoons cilantro, chopped  
1/8 Red pepper, diced fine  
salt and pepper, To taste  
12 red grapes, seedless  
8 each fresh chives  
1 bunch Enoki mushrooms,  
cleaned and dry*

## **CITRUS VINAIGRETTE**

*1/4 clove garlic, minced  
1/4 cup Rice vinegar  
1/4 cup orange juice  
1/8 cup lime juice  
1 envelope splenda  
1/4 cup olive oil*

*Serve as an appetizer or use as  
center plate.*

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## **Preparation Time: 20 minutes**

For the base: cut off a thin slice from the top of each tomato, making them level. Then cut off enough of the bottom so that you can scoop out and discard the pulp. Arrange each tomato on a serving plate.

For the body; Arrange a few leaves (5 or 6) of lettuce, one on top of the other Carefully roll up them and place inside the tomato . Adjust the leaves until they flair creating the " bouquet" effect.

Repeat with remaining tomatoes. Insert two fresh chives in the center of the greens.

For the garnish: Peel and dice the pineapple, Peel and dice the mangoes Dice the red pepper. Combine this ingredients. Add 1 tablespoon of cilantro, red onions, orange juice, and salt and pepper to taste. Arrange around the tomatoes Cut grapes in half and garnish the plate.

For the dressing: using a blender or a whisk, combine rice vinegar, orange and lime juice, garlic, sugar, salt and pepper. Add the olive oil very slowly. At service, whisk the dressing to combine the ingredients, and pour approximately 2 tablespoons over the greens.

*Mince: To chop into very fine pieces.*

*Chop: To cut an item into small pieces where uniformity of size and shape is not necessary (herbs)*

*Dice fine:(Brunoise) A cube-shaped item with dimensions of 1/8 inch x 1/8 inch x 1/8 inch*

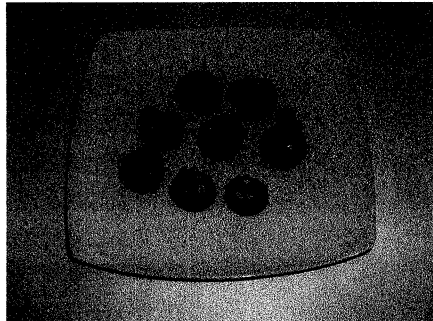
*Brunoise as well as small, medium and large dice are made by first cutting the item into sticks, then making cuts perpendicular to the length of the sticks to produce small cubes.*

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Per Serving (excluding unknown items): 196 Calories; 14g Fat (61.1% calories from fat); 2g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 15mg Sodium.  
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 2 1/2 Fat.

# CAMPARI TOMATOES FILLED WITH APPLES AND CELERY

*Chef Lola*



**Servings: 4**

**Yield: 2 Each**

*8 each red firm Campari tomatoes*

*1/2 each green apple, small dice*

*1 each celery stalk, small dice*

*1 teaspoon mayonnaise, low fat*

*1/2 envelope sugar substitute*

*salt and pepper*

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**Preparation Time: 15 minutes**

Wash and dry campari tomatoes. apple and celery stalk

With a sharp serrated knife , cut off the round bottom of each tomato , remove the seeds and pulp and put the tomatoes , cut side down on a rack or a paper towell to drain Refrigerate until ready to use

Cut the green apple and the celery small dice. add the mayonnaise, sugar substitute, salt and pepper to taste.

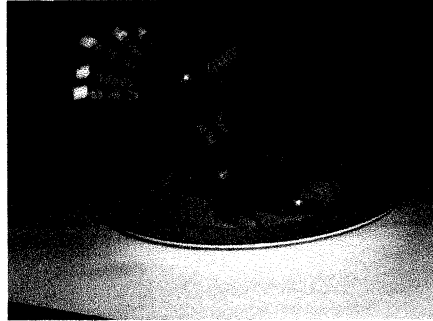
Put the mixture into the tomatoes and garnish with a spring of curly parsley.

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Per Serving (excluding unknown items): 10 Calories; trace Fat (2.4% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Other Carbohydrates.

# TURKEY APPLES

*Chef Lola*



## **Servings: 1**

*2 each red apples  
1/4 cup Triple berry toasted  
oats cereal  
8 each mini-marshmallows  
8 each toothpicks  
1 each pimento stuffed green  
olive  
2 each whole cloves*

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## **Preparation Time: 15 minutes**

To make turkey legs: thread ring cereal into a set of 2 toothpicks , twice Insert the turkey legs in middle of one apple side. . Cut the other apple in half and insert these legs in the middle of one side for turkey to stand on.

To make tail feathers: thread ring cereal onto 8 toothpicks and set aside. Stick them on back of apple turkey towards stem end to resemble row of feathers . Add mini marshmallows and the end of each toothpick.

To make head and neck: Slide ring cereal down one toothpick and top with stuffed green olive for head . Pull pimento out slightly to simulate red wattle. Insert cloves on either side of olive for eyes . Insert decorated toothpick into end of apple opposite tail feathers.

*Use as center piece for any fruit plate.*

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Per Serving (excluding unknown items): 205 Calories; 4g Fat (13.7% calories from fat); 1g Protein; 50g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Fruit; 1/2 Fat.