

Beverages

Palisades Iced Tea

Makes 8 cups

½ cup sugar
juice of 2 lemons
4 cups boiling water
4 teabags, Earl Grey
handful of mint leaves
4 cups cold water

1. Combine sugar, lemon juice and 2 cups of boiling water and steep for 15 minutes
2. In another container, combine tea, mint and 2 cups of boiling water and steep for 15 minutes
3. Remove mint and strain both mixtures. Add 4 cups cold water.

California Sunset

Serves 4

3 cups cranberry juice
¾ cup lemon-lime soda
¾ cup orange juice

1. Mix all ingredients well. Serve chilled.



Chunky Cranberry Chicken Salad Bites

Poach 4 skinless breasts of chicken and after it has cooled, cut into bites sized chunks.

Dice Celery (1 ½ cups)

Chop pecans (1 cup)

Mix all ingredients together and add 1 1/2 cups of dried cranberries.

Dressing

Mix 1 cup Mayonnaise

¾ cup pineapple juice

1tsp cider vinegar

1tsp honey

1-½ tsp poppy seeds

1/4tsp salt

Pinch of pepper

Mix the dressing ingredients well and toss with the chunky chicken and cranberry. Chill well t let the flavors marry. Serve as a chicken salad or heap a teaspoon onto endive and serve as an appetizer.

♥ *Baby Spinach Salad*

Pre-washed baby spinach
1/2 cup dried cranberries
8-ozs mandarin orange
sections, drained
5 white mushrooms, sliced
1/2 cup toasted pine nuts or
slivered almonds
1 avocado, sliced

Dressing

3 Tbsp apple cider vinegar
3 Tbsp honey
1 Tbsp mustard
1 tsp finely chopped onions
1 1/2 Tbsp parsley
3/4 cup olive oil

This recipe makes a large quantity of dressing, which can be refrigerated and stored in a jar to toss another salad. An **Easy, Healthy and Delicious Salad** can be tossed in minutes. Mix cider vinegar and honey. Whisk mustard, onions, parsley, and oil. Add vinegar, honey, cranberries, and nuts to the mixture. Toss baby spinach and mushrooms with enough salad dressing to wet the salad greens and ingredients. Add mandarin oranges and avocado slices on top.

♥ *Persimmon Spinach Salad*

4-5 persimmons (Fuyu) peeled, cut
4 cups pre-washed baby spinach
1 cup of hearts of palm (6ozs.) drained

1/2 cup walnuts
1/2 cup raisins
1/2 cup Salad Toppins

Same Dressing as Baby Spinach Salad



Fuyu is shaped like an apple and can be peeled and eaten and used in a salad, while the cone shaped persimmon needs to be fully ripen and soft before eaten.

The Persimmon Salad is an **Easy, Healthy and Delicious** salad that has a sweet and tangy flavor of apple cider vinegar and honey, complemented with colorful persimmons and hearts of palm. Persimmons and spinach are chock full of Vitamin A & C and rich with minerals, especially potassium, copper and magnesium.

Taboulé

Lebanese Style
A Zesty Couscous Salad

Follow Directions on Box
(I used the Al Fez brand)

Add

Diced Tomatoes
Diced Cucumbers

Garnish with Lemon and Mint Leaves

The strong scent of mint and zesty lemons in a chilled taboulé helps to cool down a hot Mediterranean evening

30 Calories Per Serving

Robyn Clever



Croissant Summer Sandwich

Herb Cheese:

- 1 large clove garlic**
- 1 small onion**
- 1 package (8oz.) cream cheese, softened**
- 1 cup unsalted butter, softened**
- ¼ cup parsley**
- ¼ cup chives**
- 1 teaspoon salt**
- ½ teaspoon pepper**
- dash hot pepper sauce**

- 4 Croissants, split**
- 4 oz. sprouts: alfalfa, radish or combination**
- ½ pound rare roast beef, thinly sliced**
- salt & pepper to taste**

**In a food processor chop garlic & onion. Add cream cheese, butter, parsley, chives, salt & pepper and hot sauce.
Mix until well blended.
Chill overnight.**

Spread both sides of croissant with herb cheese. Place sprouts & roast beef on one half. Salt & pepper the other half. Cover & refrigerate one hour or up to one day in advance. Serves 4-5.

KAHLUA CAKE

Devils Food Cake Mix (must not contain pudding)

2 eggs

1 small pkg. chocolate chips

¼ cup salad oil

1lb sour cream

1 small pkg instant vanilla or chocolate pudding

1/4 cup kahlua

Mix ingredients and pour into greased and flour bundt pan.

Bake at 350 degrees for 45-50 minutes.

Allow to cool 2-3 minutes.

Turn upside down onto a cake plate.

Marble Cheesecake

Graham Crust

1 C crumbs
2 Tb sugar
1/4 C melted butter
350° 8-10 min

Graham Crust (page 107)
3 packages (8 ounces each)
cream cheese, softened
1/4 cup sugar
1/2 cup sour cream
2 teaspoons vanilla

3 tablespoons flour
3 eggs
1/4 cup unsweetened cocoa
1/4 cup sugar
1 tablespoon vegetable oil
1/2 teaspoon vanilla

Prepare Graham Crust; set aside. Combine cream cheese, 1/4 cup sugar, the sour cream and 2 teaspoons vanilla in large mixer bowl; beat on medium speed until smooth. Add flour, 1 tablespoon at a time, blending well. Add eggs; beat well. Combine cocoa and 1/4 cup sugar in small bowl. Add oil, 1/2 teaspoon vanilla and 1 1/2 cups of the cream cheese mixture; mix until well blended.

Spoon plain and chocolate mixtures alternately into prepared crust, ending with dollops of chocolate on top; gently swirl with knife or spatula for marbled effect. Bake at 450° for 10 minutes; without opening oven door, decrease temperature to 250° and continue to bake 30 minutes. Turn off oven; let cheesecake remain in oven 30 minutes without opening door. Remove from oven; loosen cake from side of pan. Cool completely; chill thoroughly.

10 to 12 servings.

