

ISLAND style

Greetings!

We just love living in the islands. We especially love the beautiful flowers, the lush foliage and the endless supply of tasty fresh fruit and vegetable. Eating healthy requires hardly any effort at all! Well, maybe a little bit of effort. Anyway our favorite place to buy fresh vegetables is from our friend Mansa's market and farm. Mansa started out years ago growing his organic vegetables in the small yard in back of his one room cottage. First the neighbors came to buy, then their friends, then people from all over the island. Soon the fancy restaurants and resorts too wanted Mansa's beautiful vegetables. Now the small backyard has become a farm of many acres and the one room cottage is a large house, market and restaurant. Mansa is doing well and dining tables all over the island are laden with the delicious bounty from his farm. Try our favorite organic vegetable salad with almond vinaigrette and you too can enjoy the fruit of our friend Mansa's success.

Have a sunny Island Style day!

Cut along dotted line

ISLAND style

Recipe of the Month, July 2011

Organic Vegetable Salad

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| 4 plum or cherry tomatoes halved | 1 large red onion, cut into thick slices |
| 2 medium zucchini, cut lengthwise into 4 slices | 1 pound of asparagus |
| 2 medium yellow squash, cut lengthwise into 4 slices | 2 tablespoons olive oil |
| 2 baby eggplants cut lengthwise into 4 slices | ½ teaspoon salt |
| 1 large red bell pepper, seeded and cut into 4 wedges | 6 cups of arugula |

Preheat grill to medium-high (350 to 400 degrees). Combine vegetables in a large bowl, and drizzle with olive oil. Sprinkle with salt and toss to coat. Grill on greased grill rack, 5 to 6 minutes on each side removing vegetables as they become tender. Cut grilled vegetables into bite-size pieces. Toss salad with ¼ cup of vinaigrette and serve on salad plates. Place vegetables on greens and sprinkle with crumbled goat cheese. Makes 4 servings.

Almond Vinaigrette

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| 2 tablespoons fresh lemon juice | ¼ teaspoon ground cumin |
| 2 teaspoons honey | ¼ teaspoon olive oil |
| ½ teaspoon ground coriander | ¼ cup slivered almonds |
| ½ teaspoon salt | 2 tablespoons chopped fresh cilantro |
- Whisk together first 5 ingredients in a bowl; slowly whisk in olive oil. Stir in almonds and chopped fresh cilantro just before serving, Makes ¼ cup.

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