

# island style

## Greetings:

We love living in the islands! Some people mistakenly believe that island living means you must be prepared to give up some of the innovations and comforts of modern life. No way! We don't give up anything. Well maybe shoes and winter coats, but we certainly do not give up any of life's time saving conveniences. We just reinterpret them to fit our way of life.

Take fast food for example. You have drive through windows, microwave dinners and pizza delivery racing to your homes in 30 minutes or less. Now we don't think there is anything wrong with that and we hope you enjoy yourself. For our fast food, however, we prefer to stick with Jimmy the fisherman. Jimmy fishes and dives for conch all day and when the bottom of his boat is full he comes over to our beach, calls out to us and wades ashore. From the magnificent selection before us we select our next meal that we easily prepare by grilling, steaming and sometimes without even cooking at all. One of our favorites is this quick, delicious and healthy conch salad. May we make a friendly suggestion? Take a break from the burgers and try fast food our way. Too late you say? Oh we understand, the bell ringing we hear means the pizza is already at the door. Don't answer it.

Have a sunny Island Style day!

Cut along dotted line



Recipe of the Month Summer 2012

*Jimmy's Conch Salad*

**1 pound of fresh or frozen conch diced**  
**1 whole red bell pepper finely chopped**  
**½ pint of cherry tomatoes diced**

**1 small sweet onion finely chopped**  
**½ cup of cilantro chopped**  
**2 limes**

**Salt and freshly ground pepper to taste**

Mix the conch, red pepper, tomatoes, onions and cilantro in a bowl and toss together. Season with salt and fresh ground pepper to taste. Divide into servings and serve with a half of fresh lime. Note: Do not squeeze the lime into the salad until just before eating otherwise the conch will become chewy. Makes 2 to 4 servings.

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