SUMMER REFRESHERS WITH CHEF ADRIENNE FALCONE GODSELL

MANGO LOTTA FLAVOR

Gluten Free Vegan

1 Mango, Peeled And Diced
1/3 Bu, Cilantro, Chopped
1 Lime, Juiced
1 Red Pepper, 1" Dice
1 Jalepeno, Seeded And Minced
½ C Raw Pumpkin Seeds

! Prep All Produce And Place In Medium Bowl.
2. Toss With Pumpkin Seeds And Lime Juice. Enjoy.

PEACH DELIGHT

2 Peaches, sliced
1 Tbsp mint, chiffonade
Lemon, juiced
1 Tbsp ginger, minced
1 Cucumber, seeded and diced
1 Shallot, thin slice
2 tsp Herbamare

1. Slice the cucumber down the middle lengthwise and remove seeds with a teaspoon. Dice and place in medium bowl.
2. Cut peach in half and cut in 6 -8 slices.
3. Prep shallot, mint and ginger.
4. Sprinkle with Herbamare and drizzle with lemon juice.
5. Toss lightly and enjoy.

Chef Adrienne Falcone Godsell **HOLISTICCHEFTAMPA.COM**

Coconut Chilie Watermelon Crudo

Modified From Food&Wine.com

1 Small (6-Pound) Seedless Watermelon

2 C Fresh Coconut Water (From 2 Coconuts) Or Bottled Coconut Water

1 Tsp Finely Grated Lime Zest Plus 1/4 Cup Fresh Lime Juice, Divided

2 Tbsp Thinly Sliced Peeled Fresh Ginger

3 Medium Fresh Green Thai Chiles, Stemmed And Thinly Sliced, Divided

1 Tbsp Honey, Divided

1 Tbsp Extra-Virgin Olive Oil

1/4 C Toasted Flaked Coconut

1 1/2 Tsp Finely Chopped Cilantro Stems

1 Tsp Flaky Sea Salt (Optional)

1. Cut Watermelon Into 12 (3- X 2 1/2- X 1/2-Inch) Wedges With Rind Attached; Set Aside. Reserve Remaining Watermelon For Another Use. Stir Together Coconut Water, Lime Juice, Ginger, 2 Sliced Chiles, And 1/2 Tablespoon Honey In A 13- X 9-Inch Baking Dish. Place Watermelon Wedges In Dish In A Single Layer; Cover And Chill At Least 2 Hours Or Up To Overnight.
2. Just Before Serving, Remove Watermelon From Marinade; Discard Marinade (Or Strain And Reserve For Cocktails). Arrange Watermelon On A Chilled Serving Platter; Drizzle With Olive Oil. Top Watermelon Evenly With Coconut, And Remaining Chile Slices.
3. Stir Together Cilantro, Flaky Salt, And Lime Zest. Sprinkle Over Watermelon. Drizzle Remaining Honey. Serve Immediately.

Watermelon Can Be Marinated Up To 8 Hours Or Overnight.

Chef Adrienne Falcone Godsell **HOLISTICCHEFTAMPA.COM**