

Chef from the Hood Recipes



Chef:
Brian Casey

Company:
My Organic Chef

Recipe:
Brian's Late Summer Fruit Salad

Ingredients

1 seedless watermelon
(or 1/2 large seeded watermelon)
1 basket blueberries
3 limes
1 small bunch mint
sea or Kosher salt (in a shaker or small
bowl to pinch; salt is optional)

Rinse and drain fruit and mint. Cut up
watermelon into bite size cubes. Add
blueberries. Squeeze the juice of three
limes over the fruit. Remove mint stems
and finely chop the leaves. Add chopped
mint to fruit and toss gently in a large
bowl. Eat immediately or allow to
marinate in refrigerator for at least 1 hour
and enjoy! (Let each person sprinkle on
their own salt at the table if desired.)
Recipe makes 5 to 8 servings.

Check out Fiesta's new culinary tools
department for these items: Large mixing
bowls are great for gently tossing fruit
salad; Zyliss squeezers get every drop of
lime juice with one good squeeze of the
hand; wide, shallow pasta bowls &
individual salad plates makes a beautiful
presentation on your table!

Refreshing and healthy, Brian's colorful salad takes
advantage of the late crop of melon and blueberries now
being harvested. He says, "My Colombian friend David
likes a pinch of salt on watermelon, as do many other
people in Latin American countries. I thought it odd until I
tried it. The salty sensation on your tongue heightens the
sweetness of the fruit. Lime, because it is sour, has a
similar effect." With or without the salt, this salad is easy
to make and makes a great start or finish to a late
summer meal. Enjoy!