**Watermelon Cups**

Prep time: 20 minutes  
Yield: 30 watermelon cups  

**Ingredients**  
1 whole seedless watermelon, rind removed, 1-inch cubes  
1 whole hothouse cucumber (also called seedless or English), ⅛ inch cubes  
25 whole mint leaves, finely chopped  
12 ounces feta cheese, ¾ inch cubes  
4 tablespoons extra virgin olive oil  

**Preparation**  
Using melon baller, scoop out the middle of each watermelon cube.  

In a large bowl, toss the cucumber, mint, feta cheese and olive oil.  

Fill each watermelon cube with the cucumber, mint, feta cheese and olive oil.  

Serve chilled.
Beverages

Chocolate Mint Tea
(Hot or iced)

Boil 2 to 4 cups of water
Harvest a handful of chocolate mint; remove the leaves
(Approx. 1.5 cups for small batch of tea, 2 cups for large batch)
Wash the leaves and add them to the boiling water; boil for one to two minutes.
Let steep for 2 to 3 minutes
Strain the tea into a pitcher or into cups
Add agave, sugar, honey or other sweetener to taste
Add ice if making iced tea (add more water if needed)

*Mint is said to have digestive and antioxidant properties.

Lemon Verbeña Tea
(Hot or iced)

Boil 2 to 4 cups of water
Harvest a handful of lemon verbeña branches and remove the leaves
(Approx. 1 cup for small batch of tea, 1.5 cups for large batch)
Wash the leaves and add them to the boiling water; boil for one minute.
Let steep for 2 to 3 minutes
Strain the tea into a pitcher or into cups
Add agave, sugar, honey or other sweetener to taste
Add ice if making iced tea (add more water if needed)

*Pregnant and nursing women should avoid lemon verbeña tea since not enough is known about the side effects.

**Lemon verbeña is said to have digestive and antioxidant properties.

Submitted by Michelle Valverde
Roasted Brussels Sprouts with Pecans

Ingredients
2 pounds Brussels Sprouts, trimmed and halved
1 cup pecans, roughly chopped
2 tablespoons olive oil
2 cloves garlic, finely chopped
Salt and black pepper to taste

Preparation
Heat oven to 400° F
ON a large rimmed baking sheet, toss the Brussels Sprouts, pecans, garlic, ½ teaspoon salt, and ¾ teaspoon pepper.

Turn the Brussels Sprouts cut-side down.

Roast until golden and tender, 20 to 25 minutes

Asparagus with Balsamic Tomatoes

Ingredients
1 pound asparagus, trimmed
2 teaspoons extra-virgin olive oil
1 ½ cups halved grape tomatoes
½ teaspoon minced fresh garlic
2 tablespoons balsamic vinegar
¼ teaspoon salt
3 tablespoons crumbled goat cheese
½ teaspoon black pepper

Preparation
Cook asparagus in boiling water 2 minutes or until crisp-tender. Drain.

Heat olive oil in a large skillet over medium-high heat. Add tomatoes and garlic; cook 5 minutes. Stir in vinegar; cook 3 minutes. Stir in salt.
Arrange asparagus on a platter; top with tomato mixture. Sprinkle with cheese and pepper.
Nopales en Chile Colorado

Ingredients

8-10 Guajillo chiles (chiles Colorado – wash and remove seeds)
2 garlic cloves
1-2 tbsp. of oil
1/3 tbsp. oregano
1 lbs. fresh nopales (cleaned and diced)
2 lbs. pork chops or spareribs (diced into small cubes)

Preparation

1. Prepare red-chile sauce by blending the Guajillo chiles, garlic cloves, and oregano (add 2 cups of water).
2. Prepare nopales by boiling them in water for 3-5 minutes.
3. Cook pork by adding pork and oil into a large size skillet. Once pork is golden brown, add drained nopales. Stir and let simmer for 2 minutes. Add chile Colorado. Stir and let it simmer for 5-7 minutes.

Submitted by Inez Lopez