

Living Well Cancer Resource Center

Young Chefs! Farm to Table

July 19, 2019

Cucumber Watermelon Mint Bites with Lime Vinaigrette

For the vinaigrette:

¼ cup olive oil

¼ cup minced fresh mint

3 Tablespoons fresh lime juice

1 Tablespoon honey

1 teaspoon Dijon mustard

Salt and pepper to taste

For Bites:

32 slices of cucumber, ¼ inch thick

32 cubes of watermelon, 1 inch

32 cubes of feta cheese

For vinaigrette, whisk together oil mint, lime juice, honey and mustard; season with salt and pepper.

For the bites, toss cucumber with half of the vinaigrette. Skewer cucumber, water melon and feta with toothpicks; drizzle with remaining vinaigrette.

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July 23, 2019
Owl Vegetable and Dip Platter



- 1 bag baby carrots
- 3 small or 2 large cucumbers, cut in ¼ inch rounds
- 2 cups cherry tomatoes
- 4 yellow peppers, seeded and in long slices
- 1 green pepper, triangles for ears

Artichoke dip:

- 1 can artichokes
- 1 20 oz container of 1 % cottage cheese
- ½ cup parmesan cheese
- Red pepper to taste

Arrange vegetables on platter in shape of Owl; combine dip ingredients in food processor. Add round containers to dip platter. Enjoy!

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Greek Mediterranean Orzo Salad



- 1 1/4 cups dried orzo (rosamarina) (8 ounces)
- 8 ounces feta cheese, cubed or coarsely crumbled
- 1 cup chopped roma tomatoes
- 1/2 cup chopped pitted kalamata olives
- 1 tablespoon snipped fresh basil
- 1 tablespoon snipped fresh flat-leaf parsley
- 1/3 cup olive oil
- 3 tablespoons lemon juice
- 1 small clove garlic, minced
- 1/2 teaspoon snipped fresh oregano
- Salt and ground black pepper

Cook orzo according to package directions; drain. Rinse with cold water; drain again. Transfer pasta to a large bowl. Cover; chill in the refrigerator. Add feta, tomatoes, olives, basil, and parsley to the chilled pasta; stir to combine.

Stir together olive oil, lemon juice, garlic, and oregano. Shake vigorously to combine. Pour dressing over pasta mixture; toss to coat. Season to taste with salt and ground black pepper. Cover; chill in the refrigerator for 2 to 24 hours.