



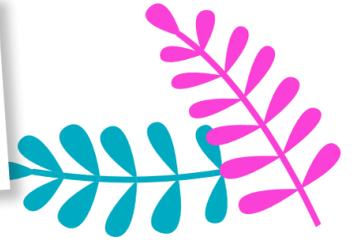
BITE by BITE

Conquering My Culinary Bucket List One Dish at a Time

By Emily Banks Wooten

“How important it is for us to recognize and celebrate our heroes and she-roes.”

– Maya Angelou



One-Ingredient Watermelon Sorbet

From purewow.com

- 1 ripe medium watermelon, peeled, cubed and seeded

- Arrange the watermelon cubes in an even layer on a baking sheet. Transfer the baking sheet to the freezer and freeze until the watermelon is solid, about 2 hours.
- Working in batches, transfer the watermelon cubes to a blender or food processor and puree until smooth.
- Divide the puree among two loaf pans (or put it all in one deep baking dish), packing it down as you add more on top.
- Transfer the pans to the freezer. Freeze until the sorbet is scoopable, 1 to 2 hours more. To serve, scoop the sorbet into dishes and eat immediately.

Grilled Jerk Chicken Cutlets with Mango Salsa

From purewow.com

- 1 mango, peeled and diced
- 1 avocado, diced
- 1 red onion, diced
- 1/3 cup chopped fresh cilantro
- 1 jalapeno, minced
- Juice of 2 limes
- Kosher salt and freshly ground black pepper
- 1 1/2 pounds thin-cut skinless chicken breasts
- 1 1/2 tablespoons jerk seasoning
- Extra-virgin olive oil
- Steamed rice, as needed for serving

- In a medium bowl, toss together the mango, avocado, red onion, cilantro, jalapeno and lime juice; season with salt and pepper.
- Prepare your grill for high heat. Season the chicken with salt, pepper and jerk seasoning.
- Brush the chicken and the grill grates with olive oil. Grill the chicken until well charred on both sides and fully cooked through, flipping as needed, 4 to 6 minutes.
- Serve the chicken with the rice and mango salsa.

“No duty is more urgent than that of returning thanks.”

– St. Ambrose



Kale and Brussels Sprout Caesar Slaw

By Anna Jones
From purewow.com

- Dressing:**
- 1/3 cup sunflower seeds
 - 1/2 cup blanched almonds
 - 1 garlic clove, peeled
 - 1 tablespoon Dijon mustard
 - Juice of 1/2 a lemon

- Salad:**
- 14 oz. kale or other hearty greens, stalks removed
 - 4 cups raw Brussels sprouts
 - Small bunch of soft herbs (such as parsley)
 - 1 cup blue cheese (optional)

- In a small bowl, cover the sunflower seeds and almonds in cold water and soak for at least 15 minutes and up to overnight. (This helps the dressing become creamier.)
- Drain the seeds and nuts, and put them in a blender with the garlic, mustard and lemon juice, then blend until smooth. Add 7/8 (200 ml) cup of water and blend again to form a creamy dressing. Keep in the fridge until you are ready to dress the salad.
- Using a sharp knife, slice the kale and Brussels sprouts as finely as you can, then put them in a large bowl. Roughly chop the herbs and add them to the bowl, then pour over the dressing and mix well so that everything is coated. Top with the blue cheese, if using.



Ushering in Summer

Memorial Day is a federal holiday in the United States for mourning the U.S. military personnel who have died while serving in the United States armed forces. It is observed on the last Monday of May. While its true meaning should never be lost or forgotten, many view Memorial Day weekend as the beginning of summer. School's out, the days are longer and people are

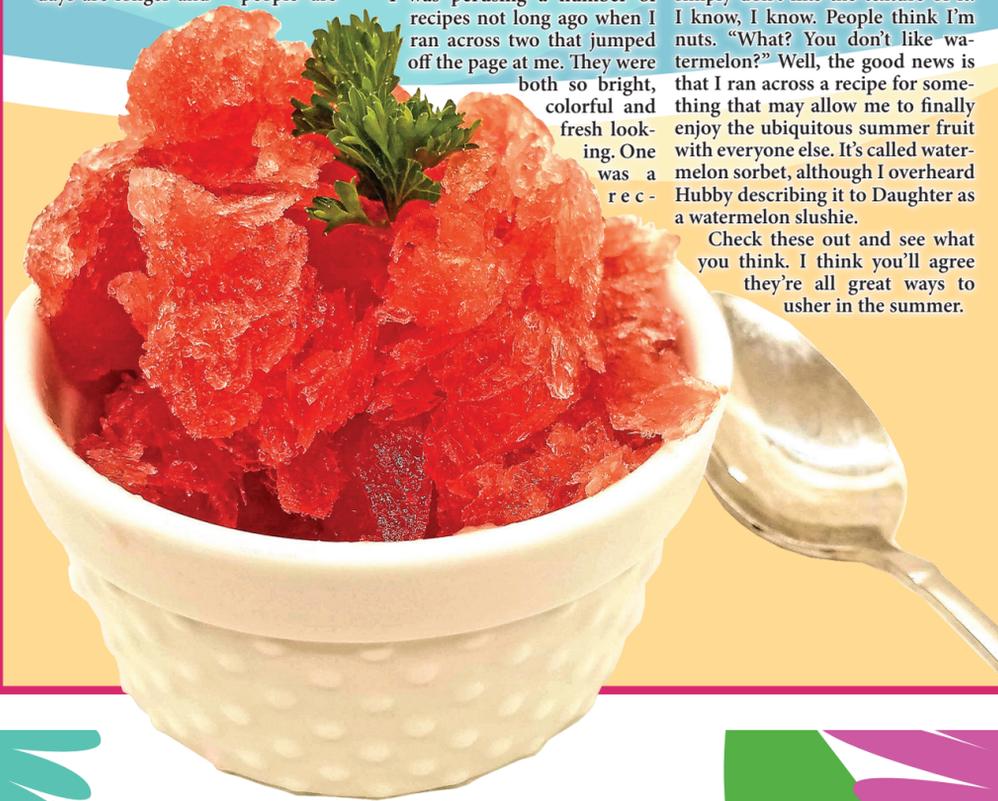
spending more time outside. Basically, Memorial Day weekend signifies a slower, more relaxed pace. Whether you're throwing a big bash, or just laying low with your family waiting for the fourth season of "Stranger Things" to drop, I've put together a menu that not only screams summer, but is sure to please everyone. It's fresh, colorful, light, healthy and filling. And other than boiling a couple of bags of rice on the stovetop, it doesn't require using the stove at all, but just firing up the grill.

I was perusing a number of recipes not long ago when I ran across two that jumped off the page at me. They were both so bright, colorful and fresh looking. One was a r e c -

ipe for grilled jerk chicken cutlets with mango salsa and the other was for a kale and Brussels sprout Caesar slaw. The beautiful mango salsa just screamed summer time. Plus, I've never met a Caesar salad I didn't like, so the thought of a Caesar slaw using one of my favorite vegetables, Brussels sprouts, was intriguing to me.

Now let's talk about watermelon for a minute. I've always loved the scent of it, as well as anything watermelon-flavored. I've never cared for the fruit, however, because I simply don't like the texture of it. I know, I know. People think I'm nuts. "What? You don't like watermelon?" Well, the good news is that I ran across a recipe for something that may allow me to finally enjoy the ubiquitous summer fruit with everyone else. It's called watermelon sorbet, although I overheard Hubby describing it to Daughter as a watermelon slushie.

Check these out and see what you think. I think you'll agree they're all great ways to usher in the summer.



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”

– John F. Kennedy