



### **Cucumber, Cantaloupe and Avocado Salad**

**Time: 20 Minutes**

- 1 large ripe avocado
- 1/4 cup mint leaves
- 1 cantaloupe
- 1 cucumber
- 1 lemon
- Optional: black pepper

- 1) Cut the cantaloupe into cubes. Peel the cucumber and avocado, remove the avocado seed, and cut both into cubes.
- 2) Juice the lemon into a medium sized bowl. Finely chop the mint leaves and add to the bowl. Toss in the cantaloupe and cucumber.
- 3) Gently toss in the avocado. Sprinkle the salad with black pepper if you wish.

*From forageddish.com*



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### **Peaches and Peppers**

**Time: 15 Minutes**

- 3 sweet peppers
- 1 Tbl. olive oil or butter
- 3 peaches
- Salt to taste

- 1) Remove the insides of the bell pepper, and slice thinly. Peel the peaches, remove the pit and slice thinly. Check out the article *How To Easily Peel Peaches Without a Knife* at [thekitchn.com](http://thekitchn.com).
- 2) Heat a pan over medium heat. Add the oil or butter and heat through.
- 3) Add the peppers and cook until soft. When they are just about done, toss in the sliced peaches, add salt to taste, and heat through. Serve immediately.

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