

# Aloha Pineapple Smoothie

## *ingredients*

2 cups frozen pineapple chunks

¼ cup ice

1 cup pineapple juice

1 cup whole coconut milk (stirred)

2 tablespoons brown sugar

Garnish with fresh pineapple wedges

## *directions*

Place all the ingredients in a blender and blend until smooth add water if necessary

Pour into two glasses and garnish with a wedge of fresh pineapple



# *Polynesian Pomegranate Meatballs*



## *ingredients*

glaze:

- 3 tablespoons hoisin sauce
- 2 tablespoons pomegranate molasses\*
- 2 tablespoons soy sauce
- 1 tablespoon miso paste\*

meatballs:

- 1 pound ground chuck
- ½ cup crispy fried shallots\*
- 1 egg
- 2 tablespoons sesame seeds

## *instructions*

- Preheat the oven to 400 degrees
- Line a rimmed baking sheet with aluminum foil
- Combine the ground chuck, crispy fried shallots and egg and mix well
- Using a 1 ½ inch scoop, form the meatballs and place them on the baking sheet
- Combine the glaze ingredients and drizzle over the meatballs
- Sprinkle with the sesame seeds
- Bake for about 13-15 minutes or until browned and cooked through

\*Crispy fried shallots, miso paste, and pomegranate molasses can be purchased at Wegmans, Harris Teeter or on Amazon

# Strawberry Lime Daiquiri

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## *ingredients*

1 12-ounce bag frozen whole strawberries

Juice and zest of 1 lime

$\frac{1}{3}$  cup sugar

6 ounces water or light rum

Fresh strawberries for garnish

## *directions*

Place all the ingredients except the garnish in the blender and blend until smooth

Divide among 4 glasses and garnish with a fresh strawberry



# *Bacon Pineapple & Water Chestnut Tidbits*



## *ingredients*

- 2 8-ounce can whole water chestnuts
- 2 tablespoons Dijon mustard
- 24 slices of bacon, cut in half
- 1 15-ounce can pineapple chunks, drained and patted dry
- ½ cup brown sugar

## *instructions*

- Preheat the oven to 375 degrees
- Line a baking sheet with aluminum foil In a bowl, toss the water chestnuts in the Dijon mustard to coat
- Place a water chestnut and a chunk of pineapple in the middle of the piece of bacon, and fold the ends over, placing seam side down on the baking sheet, repeat with the remaining bacon, water chestnuts and pineapple
- Sprinkle the brown sugar over top of each bundle
- Bake for about 25 minutes or until the bacon is golden brown
- Transfer to a paper towel to cool slightly
- Serve warm with toothpicks

# Classic Mai Tai

## *ingredients*

- 1 ounce dark rum
- 1 ounce amber rum
- 2 tablespoons orange juice
- ½ ounce Triple Sec
- 1 tablespoon lime juice
- 1 teaspoon orgeat syrup or 1 drop pure almond extract
- 1 teaspoon superfine sugar
- 1 dash grenadine syrup

## *directions*

- Shake all the ingredients in a cocktail shaker with 1 cup of ice cubes
- Strain into a glass filled with ice
- Garnish with pineapple and a maraschino cherry

# Bubbly Mango Mojito



## *ingredients*

- 1 cup tightly packed fresh mint leaves
- ½ cup sugar
- 2 cup each mango juice
- 1 cup orange juice
- Juice and zest of 1 lime
- Top with seltzer water
- 1 orange sliced for garnish

## *directions*

- In a pitcher place the mint and the sugar and crush the mint leaves with a muddler or a wooden spoon
- Add the mango, orange and lime juice, plus the zest and stir to combine
- Pour into 4 glasses filled with ice and top with seltzer water
- Garnish with an orange slice and minty

A top-down view of three round, golden-brown quiches resting on a piece of crumpled parchment paper. The quiches are filled with melted yellow cheese, ham, and spinach, and are garnished with finely chopped green chives. The background is a light-colored, textured surface.

# *Ham and Spinach Quiches*

*makes 18 individual quiches*



## *ingredients*

- 6 eggs well beaten
- 1 cup half and half (or whole milk)
- 1½ cups shredded cheese - Gruyere, Cheddar or Monterey Jack
- 12 ounce package of fresh spinach (1 tablespoon butter for sauteeing)
- ¼ cup chopped fresh chives
- ¼ teaspoon each salt and pepper
- 18 slices deli ham

## *instructions*

- Preheat the oven to 350 degrees
- Butter 18 muffin cups and line each cup with a piece of ham, it is ok if the ham comes above the rim
- In a saucepan melt the butter and saute the spinach until just wilted and remove from the heat, tilt the pan and press the moisture out of the spinach, then roughly chop
- Combine the eggs and half and half and season with salt and pepper
- Divide the sauteed spinach, chives and cheese evenly among the muffin cups
- Spoon the egg mixture evenly into the muffin cups (about 3 tablespoons each)
- Bake for about 25 minutes or until a toothpick inserted comes out clean
- Cool for about 10 minutes and then remove from the muffin cups



# *Banana Bread*

*makes 2 loaves*



## *ingredients*

- 1 stick (4 ounces) of unsalted butter, softened
- 1 cup of granulated sugar
- 2 eggs, well beaten
- 3 large very ripe bananas
- 3 tablespoons milk
- 2 cups all purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt

## *instructions*

- Preheat the oven to 350 degrees
- Butter 2 9X5 glass bread pans (optional to line the bottom of the loaf pans with parchment)
- In a bowl, cream the softened butter with the sugar until fluffy
- Add the eggs one at a time and beat well
- Add the bananas and milk and beat until well incorporated
- In another bowl combine the dry ingredients - flour, baking soda and salt, stir well
- Add the dry to the wet ingredients and stir until it is just combined
- Divide the batter between the two pans
- Bake for 45 minutes or until lightly browned and a tester comes out clean
- Let loaves cool for 10 minutes, then run a knife around the perimeter and remove loaves from the pan to a cooling rack



# Tropical Fruit Salad

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## *directions*

Cut into bite size pieces any combination of pineapple, mango, raspberries, grapes, strawberries, and or melon

Top with a big dollop of sour cream or whole milk yogurt and a drizzle of unfrozen and undiluted orange juice concentrate

Garnish with fresh mint