

Southwest Summer Salad

(a.k.a. Root 'n Fruit 'n Pepper Salad)



Salad:

Chop/dice into small pieces:

- 2 cups jicama
- 2 cups cucumber
- 2 cups mango
- 1 cup tomato
- 1 cup orange bell pepper
- 2 cups watermelon (set aside)

Combine the first five ingredients, leaving out the watermelon. Refrigerate.

Dressing:

This makes about 14 ounces of dressing, enough for several salads (store in refrigerator). Blend the following ingredients thoroughly in a blender:

- 1 oz barrel-aged white wine vinegar (Italian)
- juice of 3 medium limes (about 3 oz)
- 8 oz mango nectar
- 2 oz Riesling wine (substitute 1 oz white grape juice, if preferred)
- 2 oz olive oil
- 1/4 + 1/8 tsp garlic salt
- 1 heaping Tbs chopped red onion
- 2 Tbs chopped green bell pepper (*for a little excitement, replace some or all of this with fresh green jalapeño pepper.*)
- 2 Tbs chopped fresh cilantro

Right before serving, add the diced watermelon, drain off excess juice, and then stir 1/2 cup of dressing into the salad. Serves about 12.

Paul Morris

