

mom was right: eat your vegetables



Mozzarella, Cucumber, Tomato and Basil

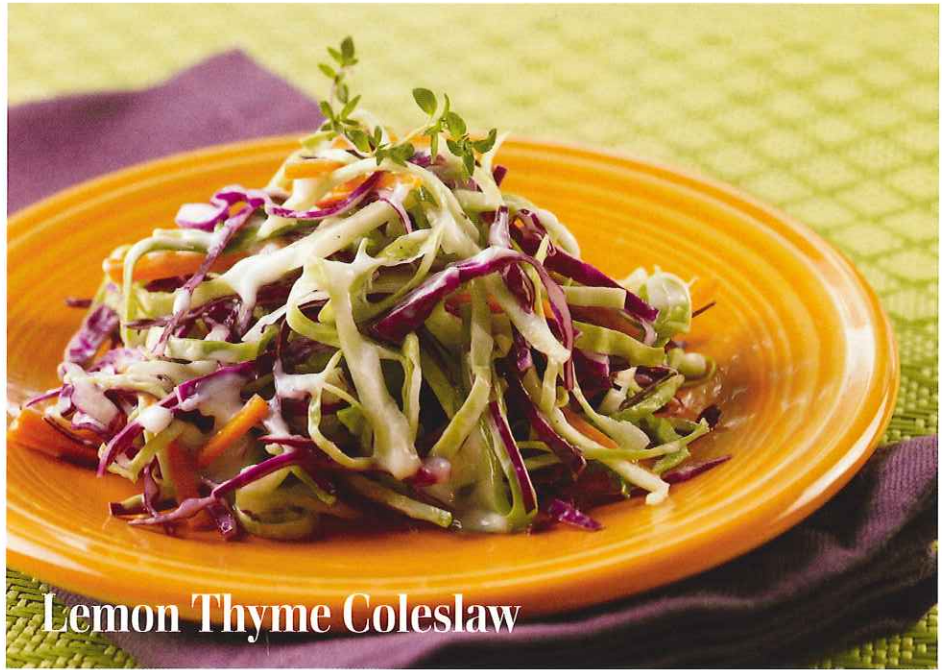
- ¼ cup seeded and diced tomato
- ¼ cup diced mozzarella cheese
- 2 tbsps. diced cucumber
- 2 tsp. extra virgin olive oil
- 1 tsp. red wine vinegar
- Dash of salt and pepper
- 15 mini fillo shells (1 box)
- 15 small, fresh basil leaves

1. In a small bowl, combine tomato, cheese, cucumber, oil, vinegar, salt and pepper.
 2. Mix lightly.
 3. Chill for 1 hour.
 4. Line each fillo shell with 1 whole basil leaf and spoon 1 rounded teaspoon of filling into each fillo shell.
 5. Serve immediately.
- Makes 15 servings

Courtesy of Athens®, www.athens.com.

If you think that vegetable salads are just about lettuce and tomatoes, think again! While they are the base for many salads, there is an infinite variety of veggies from which to choose — including asparagus, avocados, beans, broccoli, celery, corn, cucumbers, eggplant, a variety of lettuces, mushrooms, onions, bell peppers, potatoes, sweet potatoes and zucchini — all available year-round.

A wonderfully delicious vegetable salad can be as simple as a stack of alternating tomato slices, mozzarella cheese and fresh basil leaves. Or try a variety of slaws, potato salads, bean salads, and pasta and veggie combos.



Lemon Thyme Coleslaw

- ½ cup Mountain High® Lemon Yoghurt
- 2 tsp. sugar
- 1 tbsps. apple cider vinegar
- 1 tsp. fresh thyme, minced
- 1 clove garlic, minced
- ½ tsp. freshly ground black pepper
- ½ tsp. salt
- 2 cups EACH finely shredded red AND green cabbage
- 2 large carrots, cut into matchsticks
- 4 green onions, finely sliced (white and green parts)

1. In a large glass or ceramic mixing bowl, combine yoghurt, sugar, vinegar, thyme, garlic, pepper and salt. Mix well.
 2. Add cabbages, carrots and green onions; toss to combine. Serve immediately for crisp coleslaw, or chill before serving.
- Makes 4 servings

Courtesy of Mountain High® Yoghurt.