

# Island Slaw

## Cole slaw

### **Ingredients:**

2 cups cabbage, shredded

2 carrots, grated

1 cup red cabbage, shredded

2 c macadamia nuts

### **Dressing**

### **Ingredients:**

2 cups mayonnaise

½ c mango puree

½ c cream of coconut

2 tbs Dijon mustard

6 tbs apple cider vinegar

1 ½ cup sunflower oil

8 oz guava puree

### **Preparation:**

Mix together mango, coconut, mustard, vinegar, guava and drizzle in oil very slowly while briskly whisking. Pour over cabbage blend and sprinkle macadamia nuts into mixture and on top.

# Papaya Rice

## **Ingredients:**

1 cup uncooked long grain rice

1 ½ cups of coconut milk

¼ tsp salt

1 papaya

1 bunch scallions

1 cup pecans

¼ cup butter

## **Preparation:**

Heat rice, milk, and salt to boiling in 2-quart saucepan, bring to boil then reduce flame to low.

Cover and simmer for 20 minutes then remove from heat and set aside.

Dice papaya and scallions and sauté in saucepan with ¼ cup butter, add pecans and continue sautéing for 60 seconds. Mix ingredients into rice and serve.

# Tropical Salad with Mango Dressing

## **Ingredients**

- 4 cups of mixed greens
- 2 cups of romaine lettuce
- ½ fresh papaya sliced
- 1 cucumber sliced
- 1 can Hearts of Palm sliced vertically
- 1 cup of pitted black olives
- 1 cup of fresh pea shoots or sprouts

## **Dressing:**

- 2 cups mango juice
- 1 fresh mango very ripe
- 1 can cream of coconut
- ¼ cup apple cider vinegar
- ¼ cup Dijon mustard

## **Preparation:**

In a mixing bowl combine mango juice, cream of coconut, apple cider vinegar and Dijon mustard.

Slice mango, remove skin and add to bowl. Blend together with electric mixer.

Slowly add vegetable oil until mixture thickens while blending with mixer (approx. 1 ½ cups).

Let sit for 30 minutes in refrigerator, Serve over fresh salad.