

### **White Balsamic Vinegar Rosemary Fruit Salad**

- 1 Cantelope
- 1 Honeydew
- 1 Pineapple
- 1 Pint Strawberries
- 1/2 Pint Blueberries
- 5 Kiwis
- 2 Oranges segmented
- 1/2 Bunch Red Grapes sliced
- 3 Peaches

Peel and clean melons, cut into med. chunks.

Slice strawberries in half.

Peel and quarter kiwis and peaches.

Place all food in bowl, in separate bowl add White Balsamic Vinegar, sugar, rosemary, olive oil. It should taste sweet and tart, if too tart add more sugar. Add dressing to fruit 1 hour before serving.

### **Watermelon and Kiwi Mint Soup**

- 1 Ripe melon(seedless)
- 6 Kiwis
- 4 Ounces Mint
- 1 Quart water
- 3 Cup sugar
- Zest and Juice of 2 lemons

Take water, sugar, zest and lemon juice, bring to medium boil(make simple syrup). Peel watermelon, kiwis, chop in large chunks and put in sauce pot. Add sugar if needed to watermelon, cook 5-10 mins. Let cool, blend in blender. Strain, then add half simple syrup to mixture and add mint. Taste for sweetness, add more syrup if want sweeter.

### **Lavash Wraps**

- 1 package of Lavash wraps
- 1 head of romaine lettuce
- 2 ripe tomatoes
- Pinch dried oregano
- 1 Pint Greek Yogurt or plain yogurt
- Assorted lunch meats\*
- Assorted cheeses
- 2 Ripe Avocados
- (\*I am making a vegetarian, but can use lunch meats)

Open package of Lavash wraps, open wraps up. Then spread yogurt all over wraps. Sprinkle with oregano, place at the bottom lettuce leaf. Arrange sliced tomatoes, cheeses, avocado. Roll up and slice.