

Let's Eat

Healthy fast food & dessert + a mix of lifestyle tips



April brings us the Festival of Beltane. It marks the beginning of the planting season. It is a celebration of fecundity, the earth's fertility, and the warmth of the sun necessary to germinate the seeds that are sown.

Traditional foods for this celebration includes honey, dandelions, oats, fried honey cakes, Beltane Bread, asparagus, rabbit stew, dairy and your favorite brew whether off the shelf or homemade.

In Matters of Love, Romance, Sexuality, lustful inspirations and aphrodisiacs...think

Food: almonds, avocados, asparagus, eggs, chocolate, figs, oysters, vanilla, strawberries, wine...all served up in the manner of what turns you on!

For You ... I'm betting your personal spring renewal begins when you catch that first whiff...you know the one... that scent of spring onions in the air that stirs up all kinds of nostalgic memories. Keep this renewal process alive and go commune with Mother Nature. Root your bare feet in the warmth of our blessed Earth Mother... seeing, appreciating and inhaling everything surrounding you; say a prayer and realize how much you have to be thankful for. Share your love and freedom, and don't forget great big bunches of flowers!



– A Meal or Appetizer On A Stick –

INGREDIENTS + PREPARATION

1. Shop your Farmers Market for a variety of vegetables:
 - + colorful cherry tomatoes, Persian cukes, fresh basil
 - + baby Mozzarella di Bufala, black oil cured olives
 - + shrimp, mini-meatballs or both
2. Wash and dry produce, steam shrimp, cook meatballs
3. Thread your items of choice artfully on wooden skewers.

To Serve as an appetizer, plate on a favorite dish or wood chopping board. Lightly dress with balsamic vinegar and evoo.

To Serve as a Main Course: Place kebobs on a bed of mixed greens. Add sides of steamed asparagus dressed with slivered almonds browned in butter, and some roasted beet quarters.

Don't forget to garnish to take your dishes to the next level.

Bon Appétit!



Column by **Chef Sandra Yearms Joblonicky**

Raw Culinary Arts Chef & Instructor

281.960.4330 sandraj@HealthyLivingWithStyle.com