



Melons Two Ways

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) to provide CREATE Culinary Training Program where she develops and teaches an intensive culinary curriculum for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

Honeydew Agua Fresca

Serves 4

Ingredients:

1 or 2 honeydew melon or cantaloupes, peeled and diced (approximately 4 cups minimum)
3 cups of water or more as needed
Juice of 2-3 limes
Honey, as needed, optional
Ice, optional

Directions:

1. In a blender or food processor, puree melon until smooth. Add water as needed and blend to combine. Strain puree and press on solids with a rubber spatula so you extract all the juice.
2. In a pitcher add lime juice and then honeydew/cantaloupe juice. Mix well. If more sweetness is needed, add a bit of honey. Stir and serve cold or with ice!

Cantaloupe and Cucumber Salsa

Serves 6

Ingredients:

1 cantaloupe, peeled, seeded and diced
1 English cucumber, peeled and diced
3 tbs. red onion, chopped
Fresh mint or cilantro, chopped

Directions:

1. Combine cantaloupe, cucumber, onion, in a bowl and combine. Drizzle with olive oil, squeeze of lime and add fresh herbs. Toss well and season with salt and pepper and serve.

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