



Peach Salad

Serves:

Ingredients:

1 can	Peach, Canned, Drained, rough chopped or use other fresh seasonal fruit like mangos
¼ cup	Basil or Mint, Fresh, washed, chiffonade
¼ cup	Cilantro, Fresh, washed, chopped
½ can	Pineapple, crushed, drained reserving juice
¼ cup	Red Onion, small dice
½ cup	Cucumbers, peeled, diced
½ cup	Bell Pepper, julienned
½ cup	Carrots, local, shredded
2 cups	Cabbage, shredded

Dressing

¼ cup	Lemon/lime juice or cider vinegar
½ cup	Juice from canned pineapple
½ cup	Blended Oil
	Pepper and Salt to taste

Method of Preparation:

1. Combine all salad ingredients
2. Combine all dressing Ingredients
3. Dress salad before serving and chill

Serving Suggestions:

Use local produce whenever possible !!!



*This recipe uses RI Grown carrots, peppers, cabbage, onions, cucumbers and herbs!