



MORO BLOOD ORANGE

Salsa Verde

Makes 4 servings

INGREDIENTS

- 3 Moro blood oranges; peeled and segmented
- ¼ cup fresh Moro blood orange juice
- ¼ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- ½ cup chopped fresh flat-leaf parsley
- 2 scallions; finely sliced
- 3 tablespoons chopped fresh mint leaves
- 2 tablespoons capers; rinsed, drained and chopped
- 2 tablespoons Moro orange zest
- 1 teaspoon lemon zest
- 1 – 2 teaspoons crushed red pepper flakes
- Kosher salt and freshly ground black pepper



DIRECTIONS

Add the Moro orange segments to a bowl. Add the other ingredients and toss to blend thoroughly. Season with salt and pepper. Store in the fridge in an airtight container for up to one week.

Avocado Toast



Makes 1 serving

INGREDIENTS

- 2 slices whole-grain bread, toasted
- 1 avocado, sliced
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice
- Kosher salt
- $\frac{1}{8}$ teaspoon red pepper flakes



DIRECTIONS

Top the bread with the avocado. Mash the avocado lightly with a fork. Drizzle oil and lemon juice. Sprinkle $\frac{1}{2}$ teaspoon salt and the red pepper flakes.

CLASSIC *Lemonade*



Makes 4 servings

INGREDIENTS

- ½ cup sugar
- 1 cup fresh lemon juice (from about 6 lemons)
- 3 – 3 ½ cups water



DIRECTIONS

In a small saucepan, combine the sugar and ½ cup water. Bring to a boil, stirring occasionally until the sugar is dissolved; let cool. In a pitcher, combine the syrup with the lemon juice and 2 ½ to 3 cups water. Serve over ice.

GARLIC LEMON *Shrimp*



Makes 4 servings

INGREDIENTS

- 1/3 cup butter
- 1 1/2 - 2 pounds large shrimp; peeled and deveined
- 4 - 6 cloves garlic; minced
- 1/3 cup fresh parsley; chopped
- 2 1/2 tablespoons lemon juice
- Salt to taste



DIRECTIONS

In a large skillet, heat butter over medium heat until butter stops foaming, about 30 to 45 seconds. Add shrimp and garlic, sauté over medium heat, turning frequently until shrimp just turns pink, about 4 to 5 minutes.

Add the parsley, lemon juice and salt to taste; stir well. Remove pan from the heat and serve.