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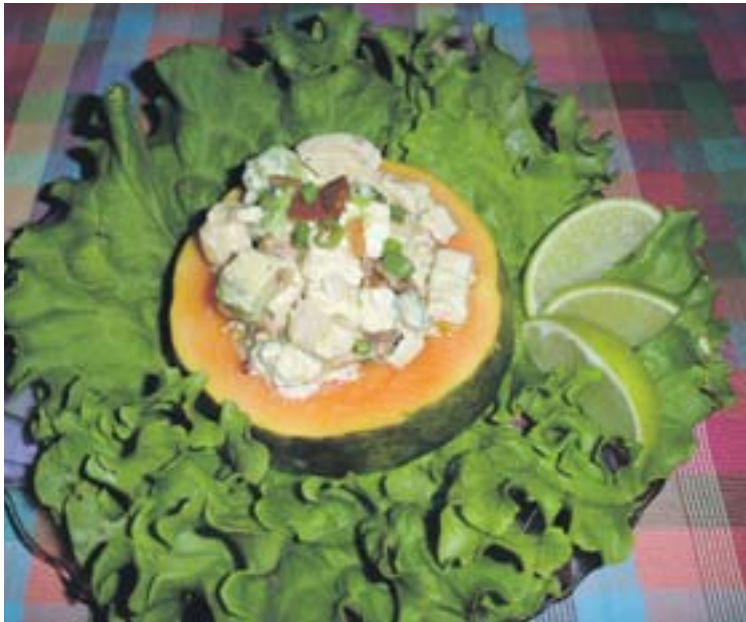


93 Moraga Way, #103, Orinda

• Dining • Dining • Dining •

Chicken Salad Takes a Tropical Twist

By Susie Iventosch



Papaya-chicken-avocado salad

Photo Susie Iventosch

and very sweet as well. Since it was so big, I decided to slice it into rings to use as a decorative (and edible) garnish for a tropical chicken salad. This makes such a pretty dish, with the beautiful peachy papaya color, in contrast with the green hues of the lettuce, lime and avocado. You can use any type of dressing or chicken salad you like in the dish, but here is the recipe I conjured up using lime juice, yogurt and a little bit of fresh ginger, too! You can always replace the yogurt with mayonnaise, if you prefer. And, you could toss in a few candied pecan bits to make a crunchy addition to this salad, too.

One day I saw a humongous papaya at the market, (nearly the size of a watermelon!) and couldn't resist purchasing it.

Often, such large overgrown produce is not all that tasty, but this one was so intriguing and, luckily, turned out to be perfectly ripe

If you find regular sized papayas at your market, simply cut them in half, scoop out the seeds and use them as an edible bowl for your chicken salad!

Papaya-Avocado Chicken Salad

(Serves 4)

INGREDIENTS

- 2 boneless, skinless chicken breasts, cooked and cut into bite-sized pieces, or shredded
- 1 avocado
- 4 slices bacon, cooked and crumbled
- ¼ crumbled blue cheese
- 1 large papaya, sliced into 1-inch thick rings (can use 2 smaller papayas halved) remove seeds
- 1-2 green onion, sliced very thin, save some for garnish and some for in salad
- 1 recipe of yogurt-lime dressing (below)
- Leaf lettuce leaves for plate garnish

Dressing

- 3 tablespoons plain low fat yogurt
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon white wine vinegar or white balsamic vinegar (depending upon desired sweetness)
- Juice of ½ (large) lime
- 1 tablespoon soy sauce
- 1 inch piece fresh ginger, finely minced or crushed

Mix all and shake well. Keep refrigerated until ready to use.

DIRECTIONS

In a salad bowl, gently toss chicken, bacon, blue cheese and avocado with dressing. Arrange lettuce leaves on salad plate, and place papaya ring on top. Scoop chicken salad into papaya ring and garnish with green onion.



Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziven@gmail.com. **These recipe is available on our web site.** Go to: www.lamorindaweekly.com If you would like to share your favorite recipe with Susie please contact her by email or call our office at 925-377-0977.

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When Locavore Meets Gourmet

By Sophie Braccini



Chicken farmer Janice Alamillo talks to the diners

Photo Sophie Braccini

Locavores – people who prefer to eat food procured within a 100 miles radius of their community— are sometimes perceived as obsessive militants of the 'eat local' movement, ready to make any culinary sacrifice to eat only what's been produced in their immediate vicinity. But when a restaurant offers a locavore dinner, the effortless experience brings forth both eating pleasure and clear conscience, a good recipe for a summer night meal. Chow Restaurant of Lafayette, in partnership with Sustainable Lafayette, gave that option to about 60 diners on May 12.

potential to go down in history as the place where America rediscovered the pleasure of eating locally," said Tony Gulisano, the founder of the Chow restaurants, who came to talk with the diners. "The food community is so rich with possibilities, it is easy to deepen the ties between producers and restaurants and work together to bring customers the best fresh local taste ever." "The event had a really relaxed, personal vibe that Sharon and I both really enjoyed," said Sustainable Lafayette's Steve Richards. Chow's young Executive Chef said that cooking with local foods

is part of the restaurant's everyday philosophy, "We made just a little extra effort, for this dinner, to combine ingredients that we already buy regularly," he said, "A food that is in season and local is a natural part of our offering anyway." Some local farmers were also part of the evening. Janice Alamillo, the owner of Alamo Farms, talked about her 110 hens that have become a part of her family in Alamo. A nurse by day the mother, who according to one of the guests looks more like a yoga instructor than a chicken farmer, explained the joys of raising a family with that close connection to the natural way of producing sustainable and humane food. Joe Queirolo, who owns Vicina Farms, was also at dinner. He talked about his business model and how important it is for local farmers to form business relationships with restaurants and produce stores, supporting a thriving local economy. "I'm very happy to see that people's attitude toward food is evolving, that we move slowly away from mass production and toward local production," said Lafayette resident and locavore Carole Hagglund, "the taste is much better, fruits are seasonal, farmers and breeders are valued and recognized for the quality of their work. In truth it is somewhat more expensive, but may be we can just eat a little less."

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