

Aloha Menu and Cooking Directions

Menu

Salad Tropicale
Assorted Sandwiches
Mashed Carrot Casserole
Coconut Palm Cake
Cold Fruit Punch

Salad Tropicale

Bananas, pineapple, and citrus fruits are a must in a fruit salad for a Hawaiian party. Add melon balls, mangoes or other fruits according to the season. Serve in dessert dishes or in one of the following special ways.

Melon bowl for Salad: Fruit salad becomes a conversation piece when served in a hollowed-out watermelon half.

Fruit-filled Pineapple Boats: Cut fresh pineapple in half, leaves and all. Cut out core and fruit, leaving shell about $\frac{1}{2}$ " thick. Serve pineapple boats filled with Salad Tropicale.

Assorted Sandwiches

Make a large batch of Easy Sandwich Bread (see snack section). This can be made and frozen ahead of time. On the day of the party make various sandwich fillings such as Egg Salad, Tuna Salad or Peanut Butter and Raisin. (See What's For Lunch article for recipes.) Make an interesting assortment of sandwiches on a tray, some with Easy Sandwich Bread, some with regular non-SCD bread

for those not on the diet. Bread can be cut into circles or other shapes if desired. Other possible sandwich fillings could include: Tomato slices with a basil leaf; Sliced cheese, either fresh or grilled; Bacon, lettuce and tomato; Banana, peanut butter and sliced strawberries; Chopped walnuts mixed with grated cheese and Spectrum Organic Mayonnaise; Chopped olives and Spectrum Organic Mayonnaise; Sliced cooked chicken, tomato slice, cheese slice, lettuce or basil leaf.



Aloha Menu, *continued*

Mashed Carrot Casserole

Heat oven to 350. Combine 2 cups mashed cooked carrots, $\frac{1}{4}$ c. soft real butter, and $\frac{3}{4}$ tsp. salt in a greased 1-qt. baking dish. Sprinkle with $\frac{1}{2}$ c. drained crushed pineapple. Bake uncovered for 20 minutes, until the top is beginning to brown.



Coconut Palm Cake

We recommend that you prepare more than one type of cake so there is a variety for everyone to choose from. You might like to make your favorite non-SCD recipe in addition to an SCD legal cake such as Spice Cake in the Desserts section. Turn cake out onto a serving platter. Prepare Creamy Vanilla Frosting and frost cake all over. Sprinkle cake liberally with unsweetened flaked coconut (if SCD person has been symptom free for a few months or you know they can tolerate coconut). On top of the cake, arrange a coconut palm tree using a cinnamon stick as a trunk and mint leaves as the palm fronds. Add raisins under the leaves for coconuts. Place birthday candles in holders on the plate around cake. Be sure this cake is not eaten by anyone with nut allergies.

To Prepare Fresh Coconut: Pierce 2 holes in eyes of coconut. Drain out milk. Place coconut in a shallow pan and heat in 350 degree oven for 30 minutes. Cool. Break the shell with hammer or chisel. With knife, remove coconut meat from shell. Pare off brown skin, shred white meat. (Keep unused portion in tightly covered jar in refrigerator.)

Fruit Punch

Make a yummy mixture of various legal chilled fruit juices such as Tropicana Original Orange Juice, Welch's 100% White or Purple Grape Juice, pure Apple Cider (not apple juice), or others mentioned in the prepared products list. Combine these with chilled unflavored Seltzer Water. You could make special ice cubes by freezing whole berries in the cubes or make an ice ring in a ring mold. Put a small amount of water or fruit juice in the ring and add fruit such as orange slices, berries or whatever you like. Freeze. Fill ring mold to the top with water or juice. To unmold, hold under warm water until it releases and place in the punch bowl. Pretty!