

“Fruits and Veggies - Good Choice!”

Winning Recipe

2008 Taste of Puna - 12th Annual Cook Off
In cooperation with Hawaii State Department of Health



HAWAII STATE
DEPARTMENT
OF HEALTH



Salad Mix

- 2 pippin apples
- 1 Avocado
- 1 Green bell pepper
- 1 Yellow bell pepper
- 1 Red bell pepper
- 3 oz. Crushed macadamia nuts
- 1 oz. Grated carrots
- 3 heads Rainbow Farm lettuce
- ½ c. Ohelo berries
- 1 btl. Mango spicy dressing

Peel, core and dice apples. Peel, core and dice avocado. Cut bell peppers julian style. Cut lettuce. Toss all ingredients with Spicy

Sautéed Mahi Mahi

- 4 tb. Butter
- 4 tsp. Crush garlic
- ¼ c. macadamia nuts
- ¼ c. diced tomatoes
- ¼ c. sliced mushrooms
- ¼ c. green onions
- ½ c. Ohelo berries
- 4 oz. Symphony wine
- 2 lbs. Fresh mahi mahi

Place butter, garlic, macadamia nuts, tomatoes, mushrooms, green onions and Ohelo berries in large sauté pan. Sauté for 1 minute. Add fresh Mahi Mahi and sauté for 1 minute, then turn over. Add wine and sauté for another minute. Place Mahi Mahi on toss Salad Mix and ladle sautéed vegetables over fish. Serves 8.



by Graciano del Mar - Executive Chef
Lava Rock Cafe and Coqui Restaurant and Sports Bar
Symphony Wine by Volcano Winery
Photo by David Yee

Lava Rock Fresh Mahi Salad by Graciano del Mar
Download this recipe courtesy of www.suresave.com