

Chef Jack's Frozen Chocolate Bananas

2 Ripe Bananas
4 Popsicle Sticks
1 cup Milk Chocolate Chip
1 Cup Chopped Pecans

Cut the bananas in half and insert a wooden Popsicle stick into the large end.

Put them on a plate in the freezer for 30 minutes.

Melt the chocolate over a double boiler.

Dip bananas in the chocolate mixture then roll in the pecans.

Return to your plate and put back in the Freezer for another 30 minutes.

Wrap in wax paper for serving.

Rice Salad

3 Scallions Chopped
2 Cups of Cooked White Rice
1 Cup Mayonnaise
1 tsp Vegetable Oil
 $\frac{1}{2}$ tsp Celery Seed, $\frac{1}{2}$ tsp Celery Salt
 $\frac{1}{2}$ tsp Seasoning Salt, $\frac{1}{2}$ Lemon (juice)
1 TBSP Honey
1 Boiled Egg (crumbled)
3oz. Frozen Green Peas
1 Tart Green Apple (chopped fine)
 $\frac{1}{2}$ Red Bell Pepper (chopped)
1 tsp Coarse Ground Black Pepper
1/2 Cup Chopped Walnuts

Mix mayonnaise, oil, celery seed, celery salt, black, pepper, lemon juice, and honey together and set aside.

Mix rice, apple, bell pepper, scallions, egg, and walnuts together.

Spoon the rice mixture into a picnic-style container with a sprig of parsley on top and refrigerate for 30 minutes.

Add dressing before serving and stir to combine.

Lemonade

4 Lemons (juiced)
1 cup Sugar
4 cups water

Make a simple syrup with $\frac{1}{2}$ cup sugar and 1 cup water.
Combine in a small pot and cook until slightly reduced.
Squeeze 4 lemons and add the juice to your pitcher. Add the simple syrup mixture and add water until you are happy with the strength. Pour over crushed ice and add a sprig of mint and a lemon slice!

Asparagus Sandwich (makes 2 Sandwiches)

1 bunch of Asparagus
4 slices Pumpernickel bread
 $\frac{1}{2}$ Yellow Onion (sliced)
4 slices of Provolone Cheese
Thousand Island Dressing

Blanch the asparagus for 2 minutes in salted water and 3 cloves of smashed garlic. Remove and place in a bowl of water and ice. Remove and dry.

Grill the asparagus in a cast iron pan until slightly brown.
Place a layer of dressing on one side of the bread then add the asparagus. Top with the cheese, onion and a little black pepper. Add the dressing to the other piece of bread and place on top.