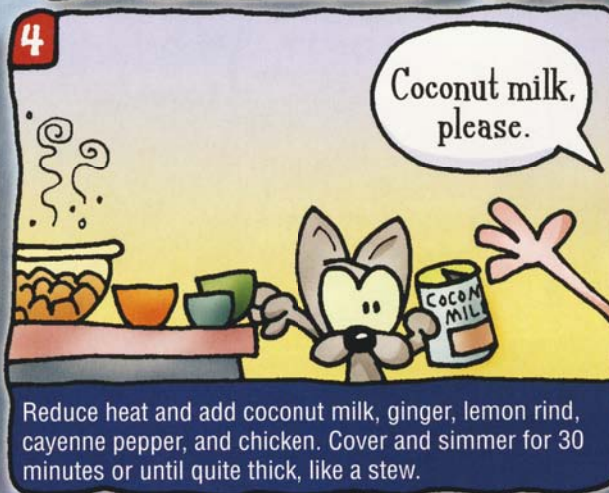
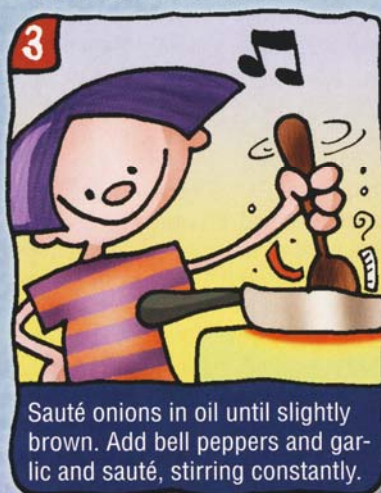


# Island Feast

Here are recipes from two islands. Try them out for an island feast. Be sure to have an adult helper when you are using knives and a stove.

## Madagascar Chicken

- 2 boneless chicken breast halves, cut in small pieces
- 1 onion, peeled and chopped
- 1 red bell pepper, chopped
- 2 cloves of garlic, minced
- $\frac{2}{3}$  cup canned coconut milk
- 2 teaspoons ground ginger
- 1 teaspoon grated lemon rind
- $\frac{1}{3}$  teaspoon cayenne pepper (optional)
- salt, pepper, lemon juice, oil



## Indonesian Avocado Dessert

- 1 large avocado
  - $2\frac{1}{2}$  tablespoons lemon juice
  - 2 tablespoons sugar
  - 1 cup vanilla ice cream
1. Peel and remove pit from avocado and mash flesh.
  2. Add lemon juice and sugar and beat with a mixer.
  3. Add ice cream and beat until smooth.
  4. Place in freezer to chill for about 1 to  $1\frac{1}{2}$  hours. Stir every 30 minutes. Do not freeze.
  5. Serve in 4 small dessert bowls.



Did you hear the one about the ring-shaped island?

Sounds like atoll tale.

