

Belizean Potato Salad

(Belize)

Serves 6

[Place the following ingredients in a large saucepan:]

2 cups potatoes, peeled and diced
1 cup carrots, diced
1 cup peas

[Add water to cover the tops of the vegetables and 1 teaspoon salt. Bring to a boil and simmer until potatoes and carrots are soft.]

[Place in large bowl and let cool.]

Combine with [the following ingredients:
1 cup cabbage, thinly sliced
1 cup onion, diced
1 cup mayonnaise (or slightly less)
salt and pepper to taste



Chill several hours and serve on bed of lettuce garnished with parsley

Microwave:

Cook potatoes and 1/4 cup water on high, tightly covered, 7-10 minutes; let stand, covered, 3 minutes. Cook carrots and 2 tablespoons water on high, tightly covered, 2-4 minutes; let stand 3 minutes. Cook peas and 2 tablespoons water on high 2-3 minutes, stirring once.

Reflections on Hospitality

“Before you finish eating breakfast this morning, you’ve depended on more than half the world. This is the way our universe is structured... We aren’t going to have peace on earth until we recognize this basic fact of the interrelated structure of reality.”

Martin Luther King Jr.

Recipe from *Extending the Table*, by Joetta Handirch Schlabach, Herald Press, Scottsdale, PA 15683. All rights reserved. For ordering information call 1-800-245-7894.

[Belize is an independent country in Central America. It borders Mexico and Guatemala.]