



SPLASH! Splash-Smart Health-Tip! Making a trip to Scarborough Fair, for a romantic & enchanting Valentine's dinner!

February 13 2013 4:02 PM

Welcome to the World of Splash!

Cast your own Valentine's "spell for true love" using these particular enchanting spices, herbs, succulents & aphrodisiacs!
for an energizing Valentine's Dinner - just for you and your sweetheart!

"Splash-Smart" has been researching a delicious, nutritious, romantic dinner menu for your Valentine's Day party!

Presentation is very important, to establish a romantic atmosphere & mood!

Let's set the table with linens, fresh flowers, candles and a bottle of wine!

Don't forget the music!

Do you know the song by Paul Simon & Art Garfunkel? "Are you going to Scarborough Fair?"

The lyrics include "Parsley, Sage, Rosemary & Thyme!" . . .

The song is based on a love potion & it's the inspiration for this Valentine's Splash!

*

Let's start Valentine's dinner with some "finger foods!" A light appetizer of fresh dark cherries, red grapes, strawberries or chunk pineapple, sliced red bell pepper, a few baby carrots or celery sticks, mushroom caps, served on a bed of tender spinach-- a raspberry vinaigrette, available on the side!

Entree -

Prepare "2" choice four ounce of filet mignon - wrapped in turkey bacon; Cook , as you prefer!

Season with Sea Salt & freshly ground black pepper!

Note! This is one occasion to avoid garlic & onions!
Along with, loading up with, bread & potatoes!

Vegetables: Fresh asparagus, fresh broccoli, green beans or fresh artichoke, brown rice, seasoned with Parsley, Sage, Rosemary, Thyme & a pinch of Nutmeg!

It will be especially an unforgettable dinner, if you are able to prepare & serve 2 fresh artichokes, with just a splash of butter for dipping!

They are so easy to cook, just boil & serve. Careful eating!

For dessert! Dark chocolate candy kisses, sliced oranges or a sliver of Key Lime pie!

Late snack, Dark chocolate covered cherries, nice touch!

Suggested libations! Black-iced tea, garnished with fresh mint! Or, bottles of Perrier, garnished with mint!

As for the wine? A bottle of Pinot Noire!
Excellent!

*

*

Splash-Helpful-Tip!

Thinking ahead! You may want to always keep your candles "in the freezer!"
They burn slower & last longer!

Bon appetite!

And, have a fabulous Valentine's Day! Enjoy!

Go get 'em!
Holly Fairfield

Opinions expressed in this section are solely those of the individual authors and do not represent the views of RiverBender.com or its affiliates. We provide a platform for community voices, but the responsibility for opinions rests with their authors.