



Make some refreshments to enjoy together during our Zoom meeting!

### *Appetizer: Jill's Yummy Fries*

- Yams or Sweet Potatoes
- 1-2 T Olive Oil
- 1 tsp. Turmeric
- 1 tsp Curry Powder
- 1 tsp Dill
- 1 tsp Chili Powder
- Salt and Pepper
- Ranch (or your favorite dressing) for dipping

The fun thing about these is Jill always calls them Yummy Fries. Start with yams or sweet potatoes and slice them into thin french-fry shapes. Toss them into a bowl or a zip-top bag to coat with oil. Combine all the dry spices and toss with the fries. Bake at 425 until crispy and delicious! I elevate my fries on a cookie rack while they bake so the bottoms don't get soggy. To serve, pile the fries on a plate with a small bowl of Ranch (or your favorite dressing) for dipping.

### *Cocktail: The Herbed Triangle*

In a Highball Glass filled with ice, pour:  
1 ounce Dark Rum  
1 ounce Herbed Simple Syrup  
Chilled Black or Green Tea (fills the remainder of the glass)



#### **Herbed Simple Syrup Recipe**

To make Herbed Simple Syrup, combine 1 cup sugar, 1 cup water, and one large handful of herbs (mint, basil, lavender, etc.). Bring to a boil, reduce to a simmer for 10 or so minutes.

Strain, Cool, Serve.

### *Mocktail: The Herbed Half-Square Triangle*

In a Highball Glass filled with ice, pour:  
1 ounce Herbed Simple Syrup  
Chilled Black or Green Tea (fills the remainder of the glass)