The Friday 4

4 FRESH IDEAS YOU CAN USE IN 4 MINUTES OR LESS

1 Quick Recipe: Cool and Refreshing Salad For Dinner Tonight!

No Need to Wait for August to Enjoy Tomatoes...

Fresh Tomato Basil Dressing

Makes about 1 1/2 Cups

1 Large **Ripe Tomato, Seeded***
1/4 Cup Fresh Parsley, Chopped
2 TBs Fresh Basil, Chopped
1/4 Cup Balsamic Vinegar
1/2 Cup Light Mayonnaise
1 TB Dijon Mustard
2 Garlic Cloves, Chopped
2 TB Extra Virgin Olive Oil
Kosher Salt and Black Pepper

Step One

In a food processor, puree all the ingredients except for the Oil, Salt and Pepper.

Step Two

With the processor running, add the Oil slowly. Taste for Salt and Pepper. Make it an **Italian Tomato Salad**:

2 Heads Romaine, Chopped
1 Cup Shredded Skim Mozzarella
1/4 Grated Fresh Parmesan
1 Can Garbanzo Beans (Chick-peas), Rinsed Well and Drained
1 Roasted Red Pepper, Cut in Thin Strips
1 Cup Chopped Tomatoes
1/4 Cup Capers, Rinsed
2 Cups **Fresh Croutons***

Step One

Toss all the ingredients together - drizzle with Fresh Tomato Basil Dressing, toss again and serve.

2 Kitchen Smidgen

***Seeding Tomatoes** is easy. Cut a large ripe tomato in half - and then in fourths. Use your thumb to run between each section of the tomato and remove the seeds.

3 Get Creative

Make Toasts to serve with Cheese, and **Fresh Croutons*** to toss with a Salad. Take a good Baguette, and cut into 1/2" slices for Toasts - or 1" cubes for Croutons. Scatter on a sheet tray and place in a 350F oven. Set your timer for 5 minutes, check and turn over. Set your timer for 3 minutes longer, check and remove if lightly toasted. If not, set the timer for 2 minutes more - now they are ready to enjoy.

4 WINE of the Week

Chateau Ste. Michelle Pinot Gris

2006
Washington State, Columbia Valley

Publix about $13.00

Two words best describe this wine: Refreshing Crispness. Imagine biting into crunchy apple or perfectly ripe pear - finished with a nice lift from lemony acidity. Now you know what to expect from this food friendly quaffer. Try it with any of your favorite summer salad combinations. It sings with shrimp and chicken too! Made from Pinot Gris grapes and a touch of Viognier, it's a fun change from Italian Pinot Grigio.