

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN 4  
MINUTES  
OR LESS



## Dining at the Farm with an Unexpected Guest

### 1 Quick Recipe: You'll Make this Dinner Over and Over Again!

This Salsa is Great with Chips, Bread Sticks or Crackers, Too...  
**Grilled Salmon with Fresh Pineapple Tomato Salsa**

*The Salsa:*

1 1/2 Cup Chopped Fresh Pineapple  
1 Cup Chopped Ripe Tomato  
1/2 Cup Chopped Red Onion  
1/4 Cup Chopped Red Bell Pepper  
Juice and Zest of 1 Lime  
1 Jalapeno, Chopped with Seeds and Ribs removed  
1/2 Tsp Kosher Salt  
1 TB Extra Virgin Olive Oil  
1/4 Cup Chopped Cilantro

*The Salmon:*

4 Salmon Filets  
2 TB Low Sodium Soy Sauce

Make the Salsa by mixing all the ingredients together. Set aside to allow the flavors to blend. Prepare the salmon by placing it in a zippy bag with the soy sauce while the grill heats. (Don't leave it too long - the soy sauce will "cook" your salmon!)

With a set of tongs, prepare your grill grates with a paper towel dipped in oil. Preheat your grill for 10 minutes on high, (or get your grill pan hot).

Turn the grill to medium and cook the salmon for about 3 minutes per side. Remove and serve topped with the salsa.

### 2 Kitchen Smidgen

To Cut a Fresh Pineapple in chunks - first take off the top and bottom, so it stands upright on the counter. Then working from top to bottom, slice down on the outside - following the curve of the fruit. Now, cut it in quarters and remove and discard the tough core, and chop the sweet flesh.

### 3 Get Creative

And Use the Grill for Dessert, too. Peel and Stone 4 Peaches. Cook them on the Grill until nicely brown on the edges. Remove, Slice and Serve over Frozen Vanilla Yogurt topped with Crushed Gingersnaps.

### 4 WINE of the Week

Castle Rock Pinot Noir 2006  
Mendocino, California

About \$10 at Total Wine

The rich earthy taste of soy sauce paired with the bright flavors of pineapple salsa make Pinot Noir a good choice for this dinner. The Pinot Noir grape is one of the oldest grape varieties cultivated for making wine. Red wine from France named "Burgundy" is made from the Pinot Noir grape. You'll find aromas of red cherries, tea and spices on the nose, and it tastes like plums and strawberries with just a hint of vanilla. Pinot Noir is typically more expensive - this one is a good value for the money.