The Friday 4

4 FRESH IDEAS YOU CAN USE IN 4 MINUTES OR LESS

1 Quick Recipe: Make Ahead Side or Delicious Main Dish!

Serve a Veggie Dinner Tonight:

Pat's Quinoa with Roasted Red Peppers and Chickpeas

1 15 oz Can Chickpeas, Rinsed
3 TB Fresh Lemon Juice
3 TB Extra Virgin Olive Oil, Divided
3 Large Garlic Cloves, Minced
1 TB Cumin Seeds
2 Tsp Turmeric, divided
2 Tsp Smoked Sweet Paprika, Divided
2 Cups Water
1 Cup *Quinoa, Rinsed and Drained
1 Tsp Kosher Salt
2 Tsp Ground Cumin
1 *Roasted Red Pepper, Julienned
4 Green Onions, Thinly Sliced
¼ Cup Chopped Fresh Parsley
Kosher Salt and Black Pepper

Step One Combine chickpeas and lemon juice. Add 2 TB olive oil, stir in the garlic. Let the mixture marinate for at least 15 minutes.

Step Two Heat 1 TB olive oil in a medium saucepan. Add cumin seeds, 1 Tsp turmeric, 1 Tsp paprika and stir until fragrant – 2-3 minutes. Add 2 cups of water, quinoa and salt. Bring to a boil and then reduce heat to medium-low. Cover and simmer until all water is absorbed – about 15 minutes.

Step Three Stir in the ground cumin, the remaining turmeric, and paprika to the quinoa. Add the roasted red pepper, green onions, parsley and the chickpea mixture. Taste for salt and pepper and serve.

2 Kitchen Smidgen

To *Roast Red Peppers, preheat a grill, grill pan or broiler. Grill or broil until browned on all sides. Place in a zippy bag and let rest until cool. While still in the bag, rub the black skin off the roasted red pepper.

3 Get Creative

And try serving Quinoa (Keen-wah), tonight. Revered by the Incas as the "mother grain" it is actually a seed from the Goosefoot plant. Sold in the U.S. only since the mid-eighties, it has a mild nutty flavor that is a great background for strong bold flavors - like smoked paprika, lemon juice and garlic. Try substituting Quinoa for Couscous in your recipes!

4 WINE of the Week

Falesco Vitiano
Umbria, Italy

Cost Plus about $10.00

How about a young red with a big nose of fruit and spice aromas to match with the smoky "garlic-y" flavor of your Quinoa? This darling-of-the-wine-critics wine is created with equal parts of Merlot, Cabernet and Sangiovese. You'll enjoy jammy dark fruit flavors with balanced acidity and nice tannins.

Nancy Waldeck - nwaldeck@tasteandsavor.com

404.483.7829