

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Perfect Salad Dinner, or Serve it as a Sandwich!

### A Great Dipper for Pitas, too: Mediterranean Chicken Salad

2 Cooked Chicken Breasts, Chopped  
1 \*Cucumber Peeled, Seeded, Diced  
12 Kalamata Olives, Pitted and Chopped

1 Roasted Red Pepper, Chopped  
1 Pint Grape Tomatoes, Quartered and Drained

¼ Cup Red Onion, Minced  
4 Oz Feta Cheese, Crumbled

1 Recipe **Simple Vinaigrette**

Salt and Pepper to Taste

To Serve: Pita Pockets, Home Made Pita Chips or Shredded Romaine

**Step One** Place the ingredients together in a bowl and toss well.

\*When using vegetables with lots of liquid, like tomatoes, cucumbers or

squash, chop the veggies and place them in a colander over a bowl. Salt lightly and let drain for at least 30 minutes before using them. Your finished dish will not turn out watery.

### Simple Vinaigrette

¼ Cup Extra Virgin Olive Oil  
2-3 TB Balsamic (or Your Choice) Vinegar

1 Tsp Dijon Mustard

½ Tsp Pomegranate Molasses

Salt and Pepper to Taste

Add the ingredients to a jar with the other ingredients and shake.

## 2 Kitchen Smidgen

It's pretty obvious why the grape tomato earned it's name. But did you know that you can't grow more tomatoes from the seeds? (You'd

have to order special seeds.) That's because it is a hybrid – bred specially for it's thick skin and flavor, which is noticeably sweeter than a Roma or cherry tomato. Some bars in Asia offer customers bowls of grape tomatoes instead of peanuts!

## 3 Get Creative

Pomegranate Molasses is simply reduced Pomegranate Juice. You can make your own by boiling down pure pomegranate juice to about 1/8 of its original volume - or buy it in an international market or Whole Foods. Make sure to look for the bottle with 100% Pomegranate on the label. Try using it anytime a recipe calls for honey or agave nectar - it's sweet and delicious.

## 4 WINE of the Week

### Brancott Pinot Grigio

South Island, New Zealand

Publix - around \$16.00

No – it's not a Sauvignon Blanc from New Zealand, but a Pinot Grigio that pairs perfectly with Mediterranean Chicken Salad. You'll notice the color is very pale yellow color, with an aroma of citrus, zest and pear. It has a lush taste of tropical fruit, peaches and pears with a refreshing acidity and a crisp aftertaste.