

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Worth The Time - Sweet and Savory and Full of Flavor!

Perfect for Leftover Turkey, Too: Roasted Sweet Potatoes with Curried Chicken Salad

2 Large Sweet Potatoes, Peeled and Cut into Slices about 1/2" Thick
1 TB Olive Oil
Salt and Black Pepper to Taste
2 Large Boneless Skinless Chicken Breasts, Roasted and Chopped
1/2 Cup *Chopped Green Onions - Green Parts Only
1/4 Cup Light Mayonnaise
1/4 Cup Greek Yogurt
1 Tsp Garam Masala (or Curry Powder or Smoked Paprika)
1/2 Tsp Cumin
1/4 Tsp Cayenne Pepper (or To Taste)
Zest and Juice of a Lemon
1/4 Cup Sliced Almonds, Toasted

1/2 Cup Dried Fruit, (Golden Raisins, Cranberries, Apricots), Chopped
1/4 Cup Chopped Parsley

Step One Preheat the oven to 425F. Toss the Sweet Potatoes with the oil. Arrange them in a single layer on a baking sheet and salt and pepper to taste. Bake until tender and lightly browned, about 20 minutes. Remove from the oven and set aside.

Step Two While the sweet potatoes are cooking, make the chicken salad by combining the chicken, green onions, mayo, yogurt, garam masala, cumin, cayenne, lemon juice and zest. Season to taste with salt and pepper.

Step Three Place several sweet potato slices on a plate and top with a

dollop of chicken salad on each one. Garnish with the almonds, dried fruit and parsley.

2 Kitchen Smidgen

*When you are looking for color, crunch and just a bit of onion flavor - nothing beats green onion tops.

3 Get Creative

Both sweet potatoes and white potatoes contain a variety of nutrients, but the sweet potato wins in many categories.. They are loaded with antioxidants and fiber, too - about twice as much as an ordinary baking potato. Sweet potatoes are a delicious addition to your kitchen anytime of the year. Try switching to sweet potatoes in some of your recipes to ramp up the taste and the nutrition.

4 WINE of the Week

Heath Southern Sisters Riesling
Clare Valley, Australia

Cost Plus around \$15.00

A great sea of Riesling has been grown in Australia for years. But most was poor quality, cheap and consumed locally. Now, all has changed - this dry, complex white from Clare Valley is a good expression of today's Australian offerings. Crisp, with good acidity - you'll smell peaches and apricots and enjoy lemon and minerals as you drink it.