

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Celebrate Summer with a Side of Fresh Veggies!

### Breakfast, Lunch or Dinner:

#### Heirloom Tomato and Summer Squash Gratin

3 Cups Chopped Summer Squash or Zucchini or Combination  
4 Cups Chopped Heirloom Tomatoes  
¼ Cup Olive Oil, Divided\*  
1 ½ Cups \*Fresh Whole Wheat Bread Crumbs  
½ Cup Roasted Very Finely Chopped Walnuts or Almonds or Combination  
1 ½ Cup Chopped Red Onion  
3 Cloves Garlic, Minced or Grated  
½ Cup Chopped Parsley, Oregano, Basil or Combination  
2 Tsp Red Pepper Flakes  
½ Cup Grated Aged Asiago or Parmesan Cheese, Divided  
**Step One** Place the chopped tomatoes and squash in a colander over a

bow. Sprinkle with sea salt and stir. Allow to drain for at least 30 minutes.  
**Step Two** Preheat the oven to 350F. Spray 6 ramekins or 1 (9x12") baking dish with cooking spray. Heat 3 TB of oil in a large sauté pan, and add in the breadcrumbs and nuts. Stir until coated, and add remove from the pan and place in a bowl.  
**Step Three** Add the remaining TB of oil to the pan, and over medium-high heat, sauté the onion until wilted, (about 7-8 minutes). Stir in the tomatoes and squash and cook and stir for an additional 2-3 minutes or until veggies are warm. Add in the garlic and cook until the garlic is aromatic, (about another minute). Add in the herbs and the red pepper flakes.  
**Step Four** Spoon ½ of the veggie mix-

ture into your prepared dish(es). Top with ½ of the cheese. Spoon the rest of the veggies on, and top with the remaining cheese and then breadcrumbs. Slide into the preheated oven and cook for 30 minutes until the top is golden.

### 2 Kitchen Smidgen

\*When you see the word "Divided" in an ingredient list, it means that the same ingredient is used twice in a recipe. Make sure to double check the divided amounts when you are reading your recipe!

### 3 Get Creative

\* To make fresh bread crumbs, just whirl your bread in the food processor! If you are following a gluten-free lifestyle - just substitute your favorite gluten free bread.

## 4 WINE of the Week

**Dominios del Dueno**  
**Northwest Spain**  
**World Market about \$15.00**

I love Rose in the summer, do you? This bold pink wine is made from Tempranillo, the traditional variety at the heart of Spain's famous Rioja. Loads of stone fruit and blueberries sing in this gorgeous raspberry colored wine. A refreshing and delicious pair for the gratins!