

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: YUMMY Mediterranean Inspired Salad with a SECRET!

### YOU Don't Have to Tell...

#### NOT Your Average Greek Salad

- 1 Tin Sardines in Olive Oil
- 5 TB Extra Virgin Olive Oil, Divided
- 6 Slices Whole Wheat Bread, Cubed
- 2 Cups Shredded Kale
- 1 TB Freshly Squeezed Lemon Juice
- 1 TB Red Wine Vinegar
- 1 Tsp Grated Garlic
- 2 Tsp Dried Oregano
- ½ Tsp Each Sea Salt and Pepper
- ¼ Tsp Red Pepper Flakes
- 2 Tsp Dijon Mustard
- 3 Large Tomatoes, Chopped
- 1 Large English Cucumber, Chopped
- 1 ½ Cups Cannellini Beans, (a 15 oz Can)
- ½ Cup Crumbled Feta
- ¼ Cup Thinly Sliced Red Onion
- ¼ Cup Chopped Kalamata Olives

4 Cups Shredded Romaine

**Step One** Drain the sardines well, and place them in a sauté pan, along with 1 TB oil. Mash the sardines with the oil and cook over medium heat, until the sardines completely break down. Add the bread, and stir until coated. Place the croutons on a sheet tray, and toast in a 375F oven until crispy\*.

**Step Two** Warm 1 TB of oil in a sauté pan. Add the kale and quickly sauté it until it turns bright green.

**Step Three** To make the dressing, whisk the lemon juice, vinegar, remaining 3 TB of oil, garlic, oregano, salt, pepper, red pepper flakes and mustard together in a small bowl until well combined. Taste for seasoning and add additional oil or vinegar, as you desire. Place the toma-

toes, cucumber, drained beans, feta, onion, olives, lettuce and kale together. Gently toss to combine. Drizzle the dressing over all, and top with croutons.

### 2 Kitchen Smidgen

\*Whether you are toasting bread, browning the top of a casserole, or roasting veggies, using your oven's convection setting will help you achieve a super result. Convection ovens use a fan to move air around the inside of the oven, which allows foods to cook quickly, and also crisp up beautifully.

### 3 Get Creative

SARDINES - Really? Yes! Not only are they packed with Omega 3s, just like anchovies they bring a lot of "briny" flavor to food - without more salt. You don't have to tell anyone you're using anchovies in this recipe - just sit back and bask in the compliments you'll get for this salad.

## 4 WINE FIND!

### Louis Jadot Beaujolais-Village

Beaujolais, France  
Kroger, Publix about \$15

A little spiciness, a little cherry tartness and a lot of fruit-forward flavor makes this easy drinker a wonderful match for this week's recipe. Made from the Gamay grape, its a fun way to enjoy a light red wine with a salad. Make sure to serve it just a tiny bit cooler than a "bigger" red wine to enjoy its bright taste.