

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious Out-of-the-Ordinary Salad for a HOT Summer Evening

Its Time for SALAD! **Fresh Herb Quinoa Salad with Summer Veggies**

2 Cups Tri Color Quinoa
4 Cups Water
½ Tsp Sea Salt
2 Cups Chopped Yellow and Green Squash, Diced and Drained*
1 Recipe Basil Thyme Pesto**
1 Cup Chopped Tomatoes
Lemon Wedges

Step One To prepare the quinoa rinse it thoroughly in a fine mesh sieve under cold water. Put the quinoa, water, and salt in a stockpot. Bring to a boil, cover with a tight lid, and turn heat down to a simmer. Cook for 15-20 minutes until grains are translucent and grain has "bloomed" by sending out a spiral.

(Don't worry if all the liquid has not evaporated, just put the lid on the pot and set it aside for a few minutes. The liquid will absorb into the quinoa.)

Step Two When the quinoa has finished cooking, add the chopped yellow and green squash and cover - set aside for 10 minutes. After it has rested, stir in the pesto, starting with half of it, adding more as desired. Garnish with the chopped tomatoes and serve with lemon wedges.

**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 15 minutes before using them. Your finished dish will not turn out watery.*

2 Kitchen Smidgen

***Basil Thyme Pesto*
1 Cup Basil Leaves
½ Cup Parsley Leaves
2 TB Thyme Leaves
½ Cup Chopped Toasted Almonds or Walnuts
¼ Cup Extra Virgin Olive Oil
½ Tsp Salt
¼ Tsp Cayenne Pepper
1 Large Garlic Clove
In a food processor, blend the ingredients together until smooth.

3 Get Creative

Not only is quinoa packed full of flavor, it is a complete protein - containing all nine essential amino acids required by the body as building blocks for muscles. Different colors are widely available at the grocery store - My favorite is the tri-color of red, black and white colors.

4 WINE of the Week

Pigmentum Malbec Rose
Cahors, France
Total Wine about \$10

Think Malbec only comes from Argentina? And the color is always deep red? Then you have to try this lovely light and fruity Malbec Rose from its original home in France. Not sweet, but a little floral with a good dose of crisp citrus and strawberries,