

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Easy Salad with Summer's Ripe and Juicy Ingredients!

Pick Up Summer's Bounty:

Refreshing Mango and Tomato Salad

1/4 Cup White Balsamic Vinegar
1/4 Cup Extra-virgin olive oil
1 TB Dijon Mustard
1/2 Tsp Fine Sea Salt
3 Ripe Mangoes, cut into 1/2" Cubes
2 TB Minced Red Onion
1 Small Cucumber peeled and seeded, cut into 1/2" Cubes
1 Jalapeno, Ribs removed, seeded and minced
1 Cup Chopped Cilantro, (or Basil), divided
6 - 8 Tomatoes, sliced
In a small bowl, whisk to-

gether the vinegar, oil and mustard and season with salt. Add the onion, cucumber, jalapeno and 1/2 Cup cilantro and stir. Arrange the tomatoes on a platter and top with the mango mixture. Garnish with the remaining cilantro and serve.

2 Kitchen Smidgen

Did you know that olives, dates and coconuts are all part of the "Drupe" family - along with Mango? Yes! Native to South Asia, mangoes are one of the most widely cultivated tropical fruits in the world. They're not only delicious, but full of nutrition too. Full of Vitamin A and good-

ies like alpha and beta-carotin, about a half cup of chopped mango has 25% of your daily requirement of vitamin A.

3 Get Creative

I've used white balsamic vinegar in the salad today instead of red, because of the brilliant colors of the salad. White and red balsamic are both made with the "must" or the results from pressing Trebbiano grapes. Then the vinegar is simmered to reduce the liquid and become sweet. For white balsamic, the pressings are mixed with white vinegar, and then simmered low and slow to keep the light bright white color.

4 WINE of the Week

Vin Gris de Cigare •
Pink Wine of the Earth
Central Coast California
Whole Foods about \$15

If you've never had a Bonny Doon wine, you're in for a treat. Just visiting the website and reading about Randall Graham, Bonny Doon's founder will bring a big smile to your face. This refreshing light and crisp rose, made with the traditional rose grapes of Southern France like, Grenache Blanc, Carianne, Mouvedre and Cinsault its a super pairing for summer ripe tomatoes and juicy sweet mangoes.