

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Fresh Seasonal Strawberries, Goat Cheese and Toasted Walnuts!

The Taste of SPRING

Goat Cheese Salad with Strawberry Balsamic Vinaigrette

4 - 6 OZ Goat Cheese Crumbled
1 Box Baby Lettuces
3 Cups Chopped Strawberries, divided
¼ Cup White Balsamic Vinegar
1 ½ TB Honey
1 Tsp Chopped Fresh Rosemary
Sea Salt and Freshly Cracked Black Pepper to Taste
1 TB Unsalted Butter
2 Granny Smith Apples, Skin On, Finely Chopped
2 TB Brandy (OR Apple Juice)
½ Cup Chopped Toasted Walnuts for Garnish

Step One To make the dressing, add the Balsamic, Honey, and

strawberries to a blender and puree. Stir in the chopped rosemary and taste for salt and pepper.

Step Two Place the salad on 6 - 8 plates. Crumble the goat cheese over the greens. Place 2 cups of the chopped strawberries on the greens
Step Three Melt the butter in a sauté pan, add the chopped apple and cook until soft and tender. Add the brandy or apple juice and cook one more minute. Place a large spoonful of the hot apples over the cheese. Drizzle with the dressing and scatter the walnuts on top.

2 Kitchen Smidgen

Did you know Granny Smith Apples are a cultivar created in Australia in 1868? Not only are they a gorgeous color, tangy and crisp, they

are also full of nutrition. Vitamin C and flavonoids are plentiful in the green charmers. The flavonoids act as antioxidants helping to neutralize free radicals in your body. There is a reason for the old saying, "An apple a day keeps the doctor away"!

3 Get Creative

Not only do apples taste great, they can be a healthy indulgence for your diet. Only 80 calories for a medium sized apple makes them easy to slide into the day without guilt. The high fiber is a bonus - keeping you full and satisfied. Plus, the apple can help stabilize your blood sugar levels. Try adding a Granny Smith to a salad for fresh flavor and good health!

4 WINE of the Week

Sauvion Vouvray
Loire Valley France

Publix around \$14.00

The medium dry taste of this Vouvray is a perfect accompaniment for the strawberry dressing and the luscious creamy goat cheese. Chenin Blanc is the grape used for Vouvray, and you will enjoy the aromas of honey and apples and the tastes of nuts, citrus and apricots. Great with any goat cheese dish - its pairs well with fresh juicy ripe fruits, too!