

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: You'll Find Vidalia Onions Everywhere - Even On Your Plate This Week!

### Different Twist on Sweet Onions: Vidalia Onion Vinaigrette with Grilled Asparagus\*

7 TB Olive Oil, divided  
1 Large Vidalia Onion, sliced thinly  
1 Tsp Dijon mustard  
2 Tb Sherry Vinegar  
2 LBs Asparagus  
1/2 Tsp each, Sea Salt and Freshly  
Ground Black Pepper  
Chopped Parsley or Tarragon, to garnish

**Step One** Sauté the onion with 1 TB of the oil until golden and tender, about 20 minutes over low heat. Season with salt and pepper, set aside.

**Step Two** Using a small bowl, whisk together mustard and vinegar. Slowly whisk in 4 tablespoons olive oil,

add the sliced onion, season with salt and pepper.

**Step Three** Prepare a clean grill or grill pan by rubbing it with a half onion that's cut around the perimeter, dipped in oil and stabbed with a fork. (Don't throw away this onion - You can use it again!) Let the grill heat up for about 5 minutes. While its getting hot, cut off the tough ends of the asparagus. Place it in a large bowl and drizzle with remaining 1 TB olive oil, season with additional salt and pepper if you desire. Grill the asparagus, until just tender, about 5 minutes. Toss with the dressing, garnish with the parsley or tarragon and serve.

*\*Love this vinaigrette? Great news!*

*It works with green beans, or any other veggie from the grill too!*

### 2 Kitchen Smidgen

\*Don't SNAP. When you snap your asparagus off at the ends - you lose so much of the good veggie. Simply look at the spear, and when you see the green stalk turning to white, you'll know where to cut.

### 3 Get Creative

Sherry Vinegar is Spain's answer to balsamic. Slightly tart and a little less sweet than balsamic, it's a great change of pace in salads for the summer. Sherry Vinegar can be found with other vinegars in many grocery stores. If you can't find it - substitute red wine vinegar - your dressing will still be delicious!

### 4 WINE of the Week

#### Cantina Zaccagnini Pinot Grigio

Abruzzo Italy  
World Market about \$14.00

Sometimes asparagus can be tricky to pair with wine - but not this week's recipe with its sweet onions and grilled flavors. Cantina Zaccagnini Pinot Grigio has aromas of tropical fruit, minerals and cut grass followed by granny smith apples on the palate and a fresh citrus finish. Try this delicious white with any green veggies off the grill this summer.