

The Friday 4

4
HEALTHY
IDEAS
YOU CAN
USE IN
4
MINUTES
OR LESS



1 Quick Recipe: The Smell of Orange Cookies Will Waft Thru The House!

Delicious Cookies for the Memorial Day Picnic Basket... Crunchy Orange Oatmeal Cookies

2 1/4 Cups Oatmeal
3 TBs Fresh Orange Juice
Zest of an Orange
1/2 Tsp Baking Powder
1/2 Tsp Baking Soda
1/4 Tsp Salt
1/4 Tsp Freshly Grated Nutmeg
1/4 Tsp Cinnamon
2/3 Cup All Purpose Flour
1/3 Cup Whole Wheat Flour
3 TBs Unsalted Butter, Softened
3 TBs Canola Oil
1 Cup Dark Brown Sugar - Packed
1 Large Egg White
2 Tsp Vanilla Extract

1/4 Cup Granulated or Raw Sugar
Preheat the oven to 350F. Prepare 2 baking sheets with parchment paper or Pam. Makes about 32 cookies.

Step One Stir together the Oats, OJ and Zest in a bowl and set aside.

Step Two Stir together the next 7 ingredients - from the Baking Powder through the Flour. Set Aside.

Step Three With a mixer, beat the Butter and Oil until well blended. Add the Brown Sugar, Egg White and Vanilla. Beat until smooth. Beat in the Flour mixture - and then stir in the Oatmeal mixture.

Step Four Pitch off and roll the cookie dough into 1 inch balls. Flatten them with a glass dipped in the

Sugar. Bake the cookies for 8-10 minutes.

2 Kitchen Smidgen

Do you know how to measure Brown Sugar correctly? It has lots of moisture, so it should be measured by packing it into a cup, then leveling off the top with the back of a knife. When you empty the cup, the sugar should stay in the shape of the cup.

3 Get Creative

Citrus Zest is a great idea for adding lots of flavor - without a lot of fat and calories. Next time the food you are cooking is a little blah - add the zest of a lemon to your dish. You will be surprised how good your food will taste.

4 Wine of the Week

La Veille Ferme Rose

2006 Cotes du Ventoux, France
About \$9 at Cost Plus

This is definitely not your grandmother's pink wine - and it's perfect for a picnic or the grill. It's a light blend of 3 French grapes: Cinsault, Grenache and Syrah. Delicious and refreshing, it has wonderful strawberry and watermelon aromas and refreshing acidity. Toss some Chicken Sausages on the Grill to make this wine sing!