

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Tasty Family Eats, Perfect for Company, Freezes Great!

Rustic Italian Spinach Cannelloni

- 4 Boxes Frozen Chopped Spinach
- 1 Pkg Lasagna Noodles
- 1 TB Olive Oil
- ½ Cup Minced Yellow Onions
- 1 TB Minced Garlic
- 2 Tsp Italian Seasoning
- 1 ½ Tsp Kosher Salt
- 15 Oz Ricotta Cheese
- 1 Large Egg
- 1/8 Tsp Freshly Grated Nutmeg
- ½ Tsp Black Pepper
- 1½ Cups Grated Pecorino Romano
- ¼ Cup Minced Fresh Parsley
- 3 Cups Tomato Sauce (Your Choice)
- 2 Cups Shredded Mozzarella

Step 1 Defrost and then ensure the spinach is dry by placing it in a clean linen

kitchen towel, (or paper towels), and wringing it out.

Step 2 Cook the lasagna noodles per the package directions. Drain the noodles well and lay them out flat.

Step 3 In a skillet over medium heat, add the onion and cook until soft in the olive oil. Add the garlic, Italian Seasoning and ½ Tsp salt. Cook for 1 minute.

Step 4 Place the Ricotta cheese, egg, nutmeg, pepper and remaining 1 Tsp of salt in a bowl. Add ½ cup of the Romano and the minced parsley to the bowl. Add the spinach.

Step 5 Turn the oven to 350F. Spread about 1 cup of the tomato sauce in the bottom of a 9x12 baking dish. Cut each lasagna noodle in half. Spoon about ¼ cup of spinach filling onto each noodle and roll up to enclose the filling. Ar-

range the cannelloni in the baking pan, seam side down.

Step 6 Cover the cannelloni with the remaining tomato sauce and sprinkle the rest of the Romano, as well as the Mozzarella on top. Bake the cannelloni until the sauce bubbles up under the melted cheese, or about 45 minutes.

2 Kitchen Smidgen

Ricotta is made from the whey drained from cow's milk cheese like mozzarella. Ricotta's name means "cooked again" and refers to the method of production.

3 Get Creative

Add Nutmeg to more than just baked goods. Nutmeg adds a sweet and spicy touch to vegetables - try grating a little fresh nutmeg in any dish containing green leafy vegetables. Delicious!

4 WINE of the Week

Il Valore Sangiovese
Puglia, Italy

Trader Joes about \$4.00

How about a pleasant red, that goes with not only tomato-saucy Italian dishes but is good for quaffing on it's own? Try Il Valore Sangiovese. The Sangiovese grape is the main component of Chianti and produces a ruby colored wine with aromas of strawberry and cherries. You'll be surprised by Il Valore Sangiovese. - especially for the price.