

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Savory Roasted Veggie Pasta in Just Three Steps!

### Great Leftovers, Too:

#### Flavorful Ratatouille Pasta

1 Zucchini, in 1-inch cubes  
1 Yellow Squash, in 1-inch cubes  
1 Fennel Bulb, in 1 by 2 inch strips  
1 Small Eggplant, in 1-inch cubes  
10 Cherry Tomatoes, halved  
2 TB Olive Oil  
Kosher Salt and Black Pepper  
1 Cup Minced Red Onions  
1 TB Minced Garlic  
4 Cups Chopped, Seeded Ripe Roma Tomatoes  
1 TB Thyme Leaves  
1 TB Balsamic Vinegar  
½ Cup Capers  
2 Roasted Red Peppers, Chopped  
Cooked Whole Wheat Penne Pasta

**Step One** Preheat the oven to 425 degrees. In a large bowl; toss the zucchini, squash, fennel, eggplant and cherry tomatoes with 1 TB of the oil, salt and black pepper.

Spread on a sheet pan in a single layer and roast for about 30 minutes, until soft and very browned.

**Step Two** To prepare the tomato sauce, heat the remaining TB of oil in a large nonstick skillet over medium heat. Add the onion, and season with salt and pepper to taste. Cook for about 5 minutes, until the onion is translucent. Add the garlic, chopped tomatoes, and the thyme leaves, stirring to combine. Cook over medium heat for about 20 minutes. Remove from the heat and add

the capers and the balsamic vinegar  
**Step Three** Add the vegetables and peppers to the tomato sauce. Adjust the seasoning as necessary. Top cooked pasta with the sauce.

### 2 Kitchen Smidgen

Don't save them just for salad - Red Onions add color and flavor to any cooked dish. Although they lose some of their red color when sautéed, they still maintain a sweet mild flavor, and can be substituted for yellow onions in almost any recipe.

### 3 Get Creative

Fennel is a hardy perennial herb with leafy fronds. It tastes like a cross between celery and cabbage with a slight hint of licorice. For a delicious change, try substituting chopped fennel the next time a recipe calls for celery.

## 4 WINE of the Week

**Domaine de la Curniere Vacqueyras**  
Vacqueyras, Southern Rhone, France

Total Wine about \$17.00

Vacqueyras, (Vah-keh-rahss), is both the area and the name of this dark berry tasting wine. Made from a blend of Rhone grapes, with Grenache taking the lead, Vacqueyras wines are typically fruit forward and juicy with a medium body and a nice finish. Domaine de la Curniere is no exception!