

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Not Your Grandmother's Bean Salad and Avocado Dip!

Updated Picnic Fare: Modern Day Bean Salad

1 Can Chickpeas
1 Can Black Beans
1 Can Cannellini Beans
2 Roasted Red Peppers in Extra Virgin Olive Oil*
4 Ounces Asiago or Manchego Cheese, chopped in 1/2" cubes
1 TB Italian Seasoning
1/2 Cup Fennel, Chopped Finely
Juice of 1 Lemon
1 Cup Chopped Green Onion
Kosher Salt and Black Pepper to *Taste
Fresh Herbs for Garnish
Step One Rinse and Drain the Canned Beans. Toss the next 7 ingredients together and season to

taste with salt and pepper. Garnish with fresh green herbs.

Avocado Vinaigrette Dip

2 Large Haas Avocados, peeled and pitted
3 TB Fresh Lemon Juice
1/4 Cup Extra Virgin Olive Oil
1 Tsp Dijon Mustard
1 Tsp Grated Onion
1/4 Tsp Crushed Red Pepper
Kosher Salt and Black Pepper to *Taste

Step One

Prepare the dressing - place the ingredients in a food processor and blend until smooth.



Season with salt and pepper.

2 Kitchen Smidgen

*Taste is your biggest ally when creating simple recipes. Remember to taste as you go along - do you need more lemon juice? Another grind of pepper? Tasting is the big difference between ho-hum and flavorful food.

3 Get Creative

*Cut 2 roasted red peppers into strips and place in a bowl. Drizzle with 1/4 cup extra virgin olive oil and add one peeled, smashed garlic clove. Set aside to let the flavors develop for 30 minutes. Remove the garlic before using. (This makes a great grilled bread topper, too!)

4 WINE of the Week

Cono Sur Pinot Noir Chile

Kroger, Publix about \$10.00

Here's a fun bottle of affordable wine that both red and white lovers will enjoy with casual food. You'll get a real mouthful of luscious fruit forward flavors with this Pinot Noir: cherries, raspberries, plums and strawberries. Make sure to serve it cool, around 58F or so. And to make it taste even better - Cono Sur winery is all about being green.