

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Shake up Your Favorite Pizza with the Yummy Alternative Crust!

### Super Easy to Make and Delicious: Crazy Good Cauliflower Pizza

2 Cups Cauliflower (pulsed in the food processor so it looks like crumbs)

1 Large Egg, Beaten

½ Cup Shredded Skim Mozzarella

½ Cup Grated Parmesan

1 Tsp Sea Salt

½ Tsp Freshly Ground Black Pepper

½ Tsp Red Pepper Flakes

1 Tsp Dried Oregano

Your Choice of Toppings

Step One Steam the cauliflower in the microwave until soft about 1- 2 minutes. Set aside to cool. When

cool, place in a clean kitchen towel and squeeze out all the liquid.

Step Two Preheat the oven to 425F.

Mix the cauliflower with the egg,

cheeses, salt, peppers, oregano and pat into a flat round on a piece of parchment placed on a sheet tray. Bake for about 10 minutes or until set. Take the pizza out of the oven and add your toppings, return to the oven for 5 - 10 minutes until browned – if necessary you can run it under the broiler to get it toasty.

and cook the onion over medium heat until transparent. Add the wine and simmer for 5 minutes.

### 2 Kitchen Smidgen

#### \*Perfectly Easy Tomato Sauce!

2 TB Olive Oil

1 Medium Red Onion, Sliced

1 Cup Dry White Wine

2 Cans Fire Roasted Tomatoes

1 Tsp Dried Oregano

1 TB Chopped Parsley

2 TB Chopped Fresh Oregano

Sea Salt and Freshly Ground Black Pepper

Step One Heat the oil in a sauté pan

and cook the onion over medium heat until transparent. Add the wine and simmer for 5 minutes.

Step Two Add the tomatoes, dried oregano and a healthy sprinkle of salt and pepper, cook over medium heat for 20 - 30 minutes, or until the sauce thickens. Stir in the fresh herbs.

### 3 Get Creative

And have the cauliflower pizza your way!!! Above you can see a topping of sautéed fennel, red onions and peppers, parmesan and some kalamata olives. Make it Mediterranean with capers and artichoke hearts, or load it up with roasted garlic, the perfectly easy tomato sauce and roasted red peppers!

## 4 WINE of the Week

Montes Twins

Colchagua Valley, Chile

World Market about \$14.00

Malbec and Cabernet Sauvignon are “twins” in this luscious, juicy, fruit forward wine from Chile. Chile’s winemaking legend, Aurelio Montes is the mastermind behind this irresistible blend, the two grapes adding up to a wine that is full of blackberry and anise aromas, thanks to the Cabernet, and a soft and velvety taste from the elegant Malbec.

