

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: Summertime - the Tomatoes are Beautiful - Why Not Top a Grilled Cheese?

### Everyone's Favorite Sandwich: Grilled Cheese and Pickled Tomato Sandwiches

2 Large Tomatoes, sliced\*  
4 Garlic Cloves  
½ Cup Chopped Dill  
½ Cup Cider Vinegar  
1 TB Sea Salt  
1 Cup Water  
1 TB Lemon Juice  
8 Slices Rustic Bread (Ezekiel bread is perfect – crunchy and crusty)  
¼ Cup Olive Oil Mayo  
Butter or Leaf Lettuce  
1 Cup Shredded Mozzarella

**Step One** Place tomato slices, garlic and dill in a clean 32 OZ jar. Combine the vinegar and salt together in a saucepan and bring to a boil. Stir until the salt dissolves. Add the wa-

ter and juice together to the liquid and let cool. Pour over the tomatoes in the jar to cover. (Add more water if necessary.) Let stand for at least thirty minutes.

**Step Two** Spread each slice of bread with 1 TB of the mayo. Take four slices and sprinkle on the mozzarella. Place under the broiler and broil until the cheese is melted and bubbling, about 2-3 minutes. Pop in the remaining slices and toast for just a minute or two. Remove from the oven, and layer the tomatoes and a piece of lettuce. You can serve it open-faced or if desired, top with a slice of the remaining bread.

\*Good News - you will have left over tomatoes. They are super in a salad, too!

## 2 Kitchen Smidgen

[Ezekiel](#) bread is one of our favorites in the healthy kitchen. Made with 6 grains and beans, that have been sprouted, its a super way to get extra nutrition, fiber and all 9 of your essential amino acids in a slice. This means that it will keep you full for longer!

## 3 Get Creative

We are using a "quick pickle" technique with the tomatoes in this recipe. This method adds lots of bright flavor, and is a great way of making not-so-great tomatoes taste wonderful. Try using this technique with other veggies too - just remember that they should always be stored in the fridge!

## 4 WINE of the Week

Hugel et Fils Pinot Blanc Cuvee Les Amours  
Alsace, France

Total Wine around \$16.00

Fruity and smooth, subtle flavors with a dry finish make this wine a delicious pair with the cheesy, tomatoey sandwich. With only 12% abv (alcohol level), you'll find it an easy drinker for hot summer nights. The grape, [Pinot Blanc](#) is grown in many places around the world, most notably in Alsace. Not only does it make a still white wine like this one, it also can be made into sparkling Cremant d'Alsace!