

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Creamy Yogurt, Crunchy Cabbage and Tangy Spices!

Delicious for Company, Too:

Chicken Masala with Lemon Raita

2 Cucumbers, Peeled and Seeded
2 TB Coriander Seeds
2 TB Cumin Seeds
2 TB Fennel Seeds
2 TB Olive Oil
6 Boneless Skinless Chicken Breasts
1 Tsp Each Kosher Salt and Pepper
2 Cups Nonfat *Greek Yogurt
1 TB Lemon Zest + 1 TB Lemon Juice
1 Clove Garlic, Minced
1/8 Tsp Cayenne Pepper
1 Head Napa Cabbage, Shredded
Freshly Chopped Cilantro to Garnish

Step One Preheat the oven to 350F. Shred the cucumber and lightly salt. Place in a strainer to drain for at least 15 minutes.

Step Two To make the masala, toast the coriander, cumin and fennel seeds in a dry skillet over medium heat until fragrant - 3 to 4 minutes. Remove from the heat, let cool and grind in a spice grinder or food processor.

Step Three Brush the chicken with the olive oil - season lightly with salt and pepper. Sprinkle all but 2 Tsp of the *masala over the chicken breasts.

Step Four Heat the remaining TB of oil in a large skillet. Add the chicken to the skillet and saute for about 3 minutes on each side. Transfer to the oven to complete cooking for 6 to 8 minutes or until done.

Step Five While the chicken is cooking, transfer the cucumber to a bowl

and stir in the yogurt, zest and juice, garlic, cayenne and the 2 Tsp of the spice mixture. Serve the cabbage topped with the chicken and lemon raita, garnished with cilantro.

2 Kitchen Smidgen

*Masala is a word that indicates a combination of spices ground into a powder or paste that is used in Indian cooking or a dish flavored with a spice mixture.

3 Get Creative

If you haven't tried Greek yogurt, you are missing a real treat. Thicker and creamier than other yogurt, it is made by removing the whey, (liquid) from the solids. You can make Greek-style yogurt by placing regular yogurt in a coffee filter and letting it drain for an hour or so to remove the liquid.

4 WINE of the Week

Sula Chenin Blanc
Nashik, India

Whole Foods about \$13.00

Wine from India? Yes! This Chenin Blanc is a perfect compliment for the masala and tangy lemon raita.

It has an appealing nose of green apples and lychees and a light taste with a good citrus balance and a touch of minerality. Check it out and see if you agree!