

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: A Perfectly Unusual Way to Enjoy the Holiday Leftovers!

Turkey, Duck, Pork, Tofu or Beef: Crisp and Crunchy Asian Salad

1 Bag Baby Greens
1 Bag Baby Spinach
4 Scallions, Thinly Sliced
1 Can Water Chestnuts, Drained and Rinsed Well
2 Cups Shredded Carrots
1 Cup Thinly Sliced Snow Peas, Blanched
½ Cup Sliced Toasted Almonds
1 - 2 Cups Sliced Holiday Leftovers: Turkey, Duck, Pork or Beef, even Tofu
1 Recipe *Asian Vinaigrette*
Toasted Sesame Seeds for Garnish
Toss the first 7 ingredients together in a large bowl, dress with vinaigrette and top with sesame seeds.

Asian Vinaigrette

¼ Cup Rice Vinegar
2 TBs Light Soy Sauce or Tamari
2 TBs Lime Juice
Zest of 1 Lime
1 TB Honey
1 TB Natural Peanut Butter
1 Garlic Clove, Grated or Minced
2 TB *Dark (Roasted) Sesame Oil
½ Cup Peanut Oil (*Roasted Peanut Oil if Possible)
¼ Cup Grapeseed or Canola Oil
Sea Salt and Pepper to Taste
Combine all the ingredients in a jar or bowl. Shake or whisk til well combined.

2 Kitchen Smidgen

Water Chestnuts are not nuts at all!

An aquatic vegetable that grows in marshes, it brings a crisp snappy crunch to Chinese food. Lately, fresh water chestnuts have been appearing in grocery stores, although they are most often found in a can. Expect to see fresh ones more often - traditionally grown in China, semi-tropical areas in California and Florida are now cultivating them. Water chestnuts are low in fat and full of fiber and vitamin B.

3 Get Creative

*Just like toasted nuts, roasted nut or seed oils add more than oil to a recipe - they add lots of concentrated flavor. Try substituting half of the oil in your "house" salad dressing with a nut oil and discover how delicious your dressing can be.

4 WINE FIND of the Week

Yalumba Y Series Viognier
South Australia

Kroger, Publix around \$12.00

Clear gold, bright and fruity, you'll find this Viognier, (vee-yohn-yay), is a good match for Far Eastern flavors.

After enjoying stone fruits like apricot and peach in the aroma, you'll find it tastes of tropical fruit balanced off with a good bit of acidity. Enjoy this affordable Aussie with any Asian-inspired meal, (and with turkey, too!)