

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: June Cherries ROCK in this Easy-to-Make Salad!

Easy and Delicious:

Ancient Grains Salad with Cherries and Cashews

1 Cup *Ancient Grains
2 Cups Fresh Baby Spinach
½ Cup Basil, Chopped
2 Cups Pitted Fresh Cherries
½ Cup *Toasted Cashews
Sea Salt Black Pepper to taste

**Easy Balsamic Dressing

Step One Add 2 cups water, ancient grains, and pinch of salt into a small saucepan. Cover and bring to a boil over high heat, then reduce the heat to medium and cook for about 10 - 12 minutes

Step Two Remove the grains from heat and let stand, for

5 minutes, then fluff with fork. Fold in the spinach and cover again for 10 minutes, allowing the heat to wilt the spinach. Add in the basil, cherries, and cashews. Taste for salt and pepper, and season. Drizzle the dressing into the salad and toss.

*Toasted Cashews

1 Cup Raw Cashew Pieces
1 Tsp Extra Virgin Olive Oil
Sea Salt and Freshly Ground Black Pepper to taste

Place the cashews on a sheet pan and slide into a 400F oven. Roast for 7 - 10 minutes until lightly browned. Remove, toss with the olive

oil and then sprinkle with salt and pepper and set aside to cool for a few minutes. (The nuts will crisp up after cooling for a bit.)

2 Kitchen Smidgen

**Easy Balsamic Dressing

¼ Cup Extra Virgin Olive Oil
1 TB Stone Ground Mustard
3 TB Balsamic Vinegar
½ Tsp EACH Sea Salt and Pepper
Shake all the ingredients together in a jar.

3 Get Creative

*You can choose your favorite "[ancient grain](#)" for this salad. In the picture above we used farro, but you can try quinoa, amaranth, millet, kaniwa, teff, freekeh, spelt, sorghum, or even brown rice!

4 WINE of the Week

Lindeman Bin 65 Chardonnay

Southeast Australia
Kroger about \$7.00

Yes, you read that price correctly - this week's wine pairing is \$7.00 for a bottle! This surprising Chardonnay bargain is full of pear, green apple and light citrus zing - all of which go well with the bright flavors of the cherries, cashews, spinach and basil in the salad. Lindeman's has been making Chardonnay for over 170 years in Australia's Hunter Valley, Bin 65 is one of their most awarded wines!

