

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Seasonal Cherries make this a Dish with Star Quality!

Delicious and Different:

Cilantro Citrus Chicken with Fresh Cherry Salsa

The Chicken

¾ Cup Chopped Cilantro
¼ Cup Chopped Shallots
¼ Cup Fresh Lime Juice
¼ Cup Extra Virgin Olive Oil
1 LB Chicken Breasts, Boneless
and Skinless

Step One Combine the Cilantro, Shallots, Lime Juice and Oil in a Zippy Bag. Cut the Chicken Breasts horizontally into thin slices. Add the chicken and place in the fridge for an hour to marinate while you make the salsa.

Step Two Remove the chicken from the marinade and grill outside, or on a grill pan until done. Serve with the cherry salsa.

Fresh Cherry Salsa

1 Cup Chopped Cilantro
¼ Cup Chopped Shallot
Juice of 4 Large Limes
2 Jalapeños, Ribbed, Sliced and Chopped
2 LBs Cherries, Pitted and Coarsely Chopped
¼ Cup Olive Oil
Sea Salt and Fresh Cracked Black Pepper to Taste
Combine all the ingredients in a bowl. Set aside while you grill

the chicken, or place in the fridge overnight to allow the flavors to meld.

2 Kitchen Smidgen

Loaded with vitamins, minerals and other nutrients, cherries are much more than just sweet - they're a powerful, bite-size health boost. Cherries contain anthocyanins - the red pigment in berries. Anthocyanins are potent antioxidants under active research for a variety of potential health benefits.

3 Get Creative

Who says this salsa has to be used just for chicken? Try it with pork, as a spread for a turkey burger or just by itself with chips. Not eating meat? Stuff a Grilled Portabella with it. Or top goat cheese with the yummy salsa, and serve it with crunchy crackers.

4 WINE of the Week

Columbia Crest Grand Estate Merlot
Columbia Valley Washington

Kroger about \$14.00

This Merlot shows good "typicity" with its luscious red cherry and berry aromas and a touch of herbs and cedar. (Typicity means that the wine is typical of the kind of wine made from a specific grape in a specific place.) Affordable and easy to find in many grocery stores, it makes a great wine pair for a weeknight!