

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Creamy, Delicious and Seasonal Soup!

A Crowd Pleaser!

Creamy Red Lentil Soup

3 TB Olive Oil
1 Sweet Onion, chopped
1 Tsp Grated Ginger
2 Cloves Garlic, grated
2 Medium Zucchini, chopped
2 Sweet Potatoes, chopped
2 Parsnips, chopped
1 Tsp Garam Masala
1 Tsp Turmeric
½ Tsp Black Pepper
½ Tsp Chili Powder
¼ Tsp Cinnamon
¼ Tsp Cayenne Pepper
1 Tsp Sea Salt
8 Cups Vegetable Stock
2 Tsp Apple Cider Vinegar

1 Cup Red Lentils
¼ Cup Nonfat Greek Yogurt
1 Chopped Parsnip tossed with Garam Masala

Step One Sauté the onion in the oil until soft, about 5 or 6 minutes. Add the garlic and ginger and cook and stir until aromatic, about one minute. Add the additional vegetables and sauté for 5 minutes. Add the spices, sautéing for an additional minute. Add the broth, vinegar and lentils, stirring well to combine.

Step Two Allow the soup to come to a boil, then turn down the heat and simmer for about 20 minutes (or until the lentils and veggies are completely softened). Puree using an immersion

blender. Garnish with a dollop of yogurt and a sprinkle of parsnips.

2 Kitchen Smidgen

Do you like parsnips? Do you even know what parsnips are? A relative of parsley, they are sweeter than carrots, a good source of vitamin C and dietary fiber - and an overall delicious choice both raw and cooked! You'll see the long white parsnips next to the carrots in the produce section.

3 Get Creative

This recipe looks like it has lots of ingredients - but many are spices that add SO much flavor to your food. If you stock your spice cabinet with the spices you like, and use all the time, when you make a recipe like this one, you'll already have many of the ingredients!

4 Wine FIND of the Week

Seghesio Zinfandel
Sonoma California

Costco about \$20

The moderate tannins and the deep fruity flavors of Seghesio zinfandel make it a delicious pairing with this sweet and savory soup. A beautifully balanced Zinfandel, with big spicy flavors make it a "shoe-in" with a hearty fall root vegetable soup. Jam packed with the flavors of berries and fruit, this wine can pair with soups as well as meat off the grill.