

The Friday 4

4
FRESH
IDEAS
YOU CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: PEACHES are more than just SWEET, they can be SAVORY too!

Its Peach-a-Palooza Season:

Peach and Goat Cheese Slaw

¼ Cup Extra Virgin Olive Oil
2 TB *Sherry Vinegar
1 TB Dijon Mustard
½ Tsp Sea Salt
¼ Tsp Freshly Ground Black Pepper
2 – 3 Fresh Peaches,
Peeled and Cut into Slices
1 (12 OZ) Pkg Broccoli Slaw
2 TB Chopped Parsley
2 TB Thinly Sliced Green Onions, green parts only
4 OZ Crumbled Goat Cheese

Step One

Combine the oil, vinegar, mustard, salt and pepper

in a jar and shake well.

Step Two

Add the peaches, slaw and parsley to a bowl and toss with the dressing, starting with half and adding as desired. Top with the goat cheese and onions.

2 Kitchen Smidgen

*Sherry Vinegar is Spain's answer to Balsamic. Less sweet, with deep rich flavors from the palomino grape, just like balsamic you can buy it un-aged or aged. Sherry vinegar can also be oaked. When you see the words, "vinagre de Jerez on the label, the vinegar must be aged for 6 months in oak.

"Reserva" on the label indicates it has been aged in oak for at least 2 years!

I can find Sherry Vinegar in my local grocery store - but if you can't find it - Use Unseasoned Rice Wine Vinegar instead.

3 Get Creative

Broccoli is a nutrition powerhouse! We have Thomas Jefferson to thank for the first mention of broccoli in the United States. He recorded planting it in 1766 at Monticello, his home in Virginia. Fast forward a couple of hundred years and broccoli slaw was invented - a brilliant idea to use the stalks of broccoli. Since then, broccoli slaw has become interchangeable with cabbage slaw, adding earthy green flavor and sweet carrots to the traditional side dish.

4 WINE of the Week

Charles and Charles Rose
Columbia Valley, Washington State
Traders Joes about \$13.00

I think you'll be a big fan of this easy-drinking wine made from the Syrah

grape. It has everything you want in a rosé – it's refreshing, crisp and extremely food friendly, perfect for quaffing on a summer evening. You'll enjoy aromas of strawberries and melon and bright citrus tastes when you drink it!