

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Luscious, Creamy and Lighter and SUPER Easy to Make!

Everyone Loves this Yumminess:

Cashew Shrimp Curry

2 TB Garam Masala (Spice Blend)
1 Tsp Ground Ginger
½ Tsp Ground Cinnamon
¼ Tsp Black Pepper
¼ Tsp Cayenne Pepper
2 TB Unsalted Butter
2 TB Olive Oil
2 Cups Chopped Yellow Onion
2 Cloves Garlic, grated
1 (15 Oz) Can Tomato Sauce
½ Cup Cashew Butter
1 + Cup Light Coconut Milk
2 LBS Cooked Large Shrimp
½ Cup Nonfat Greek Yogurt
1 TB Fresh Lemon Juice
Warm Cooked Brown Basmati Rice
mixed with 1 Cup Green Peas
Chopped Cilantro

Coarsely Chopped Cashews

Step One Stir garam masala, ginger, cinnamon, and peppers together in a small bowl. Set aside.

Step Two Melt the butter with the olive oil in large sauté pan over medium heat. Add the onion and the blended spices, cook until the onion is wilted. Add the garlic and cook until fragrant. Add the tomato sauce and bring to a simmer. Whisk in cashew butter and 1 cup of the coconut milk. Add more coconut milk as desired to thin the sauce.

Step Three Stir the shrimp into the sauce. Simmer gently for a few minutes until the shrimp is warm. Add the yogurt and lemon juice.

Step Four Serve the shrimp and sauce over the rice. Garnish with

chopped cilantro and cashews.

2 Kitchen Smidgen

Instead of using heavy cream to finish a sauce or soup, try a nut butter! Simply mix equal amounts of liquid (like coconut milk) and the nut butter together to replace the cream in a recipe for the same velvety texture.

3 Get Creative

Cashew Butter is getting easier to find in the grocery store - but how about making your own? To make the 1/2 Cup of Cashew Butter called for in the recipe, simply place 1 cup of unsalted toasted cashews in the bowl of your food processor. Puree until the nuts are creamy and grainy. You'll be able to tell when it the nut butter is complete - the sound will tell you!

4 WINE of the Week

**Pine Ridge Chenin Blanc Viognier
California**

About \$12.00 at Whole Foods

Chenin Blanc hails from the Loire Valley in France, but it is beautifully interpreted in this refreshing blend from California. The Chenin Blanc makes a wine that is light and easy to drink, with crisp acidity and lots of fresh citrus flavors. Viognier adds apricot and peach aromas and a rich creamy mouth feel. A delicious paring with the slightly spicy curry.