

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Those Fun Purple Potatoes Create a Mouth-watering Salad!

MIX UP Your Potato Salad

Peruvian Purple Potato
Salad

1 LB Fingerling Potatoes,
Chopped and Roasted at
400F

1 LB Purple Potatoes,
Chopped and Roasted at
400F

6 Various *Peppers,
Chopped and Sautéed
2 Red Onions, Chopped
and Sautéed

1 Cup *Shredded
Manchego Cheese (or
Toasted Chopped Pecans)

2 Chopped Avocados

1 Cup Chopped Cilantro

Toss the potatoes, pep-
pers and onions together
in a bowl. Drizzle on the
Peruvian Vinaigrette. Top
with the cheese, avocados
and cilantro.

Peruvian Vinaigrette

1 Cup Extra Virgin Olive
Oil

2 TB Lemon Juice

2 TB Orange Juice

1 Tsp Dijon Mustard

1 Tsp Dried Oregano

Sea Salt and Freshly

Ground Black Pepper

Shake the juices, mustards

and oregano together in

a jar; season to taste with

salt and pepper.

2 Kitchen Smidgen

*Using toasted chopped pecans
instead of cheese makes this a veg-
an recipe. Both options create a de-
licious salad!

3 Get Creative

What kind of peppers should you
use? Ask yourself - what level of heat
do I like? You can use anything from
small sweet peppers, to habaneros -
or a mixture. (You need about 2 cups
of chopped peppers.) If you want the
flavor without all the heat of hot
peppers, make sure to rib and seed
the peppers, before sautéing them.

4 WINE FIND!

Charles Krug Sauvignon Blanc

St Helena - Napa Valley
Costco about \$15

When my wine students tell me they like the bright citrus taste of Sauvignon Blanc but New Zealand Sauvignon Blanc is a little too "grassy" and tart for them, I steer them right to this bottle. This affordable Napa wine is full of crisp grapefruit flavor - but it doesn't taste like "someone just mowed the lawn." Perfect with this salad, just add a piece of grilled white fish to your plate, and dinner is done!