

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: Lighter and Luscious Veggie Lasagne with a Spanish Twist for Spring!

### **FREEZES GREAT, TOO!**

#### **Spanish Veggie Lasagne**

1 TB EVOO  
2 Cups Chopped Red Onion  
2 Tsp Grated Garlic  
2 Tsp Dried Oregano  
½ Tsp Red Pepper Flakes  
2 Tsp Smoked Paprika  
½ Tsp Each Sea Salt and Pepper  
¼ Tsp Crushed Saffron Threads  
1 ½ Cups Cooked, (1 Can, drained and rinsed) Black Beans  
1 (15 oz can) Fire Roasted Tomatoes  
½ Cup Chopped Pimento Stuffed Spanish Green Olives  
½ Cup Rioja  
½ Cup Capers  
¼ Cup Chopped Fresh Parsley  
2 Cups Nonfat Greek Yogurt

1 ½ Cups Shredded Manchego Cheese, divided  
4 Sliced Roasted Red Peppers  
Chopped Parsley for Garnish  
**Step One** Heat the oil in a large skillet over medium-high heat. Add the onion to pan; sauté 8 minutes or until golden. Add the garlic and cook until fragrant, about 1 minute. Stir in oregano, red pepper flakes, smoked paprika, salt, pepper, and saffron.  
**Step Two** Add the beans, tomatoes, olives, wine, capers, and parsley. Bring to a boil; reduce the heat, and simmer for 30 minutes.  
**Step Three** Stir together the

yogurt and 1 cup of Manchego. Assemble the lasagna by layering the sauce, the yogurt mixture and the red peppers in a large flat casserole dish. Repeat and end with the remaining ½ cup of shredded cheese. Cook at 350F for about 45 – 60 minutes or until hot and bubbly. Remove and let stand for 15 minutes. Top with parsley and serve.

### **2 Kitchen Smidgen**

Ahhh...Saffron. Just a small amount of this costly and delicate spice will create lots of flavor in the dish!

### **3 Get Creative**

Manchego Cheese is a sheep's milk cheese from Spain. The more aged - the more expensive. A young Manchego is the perfect complement for this zesty lasagne.

### **4 WINE of the Week**

**Vina Olabarri**

**Rioja Crianza**

Spain

Whole Foods about \$15.00

Spain's tempranillo grape is the star in this easy-drinking and delicious red wine. You'll find flavors of blackberries, blueberries and plums along with a hint of smoke or tobacco. Pouring Rioja is perfect when you are using ingredients like smoked paprika and roasted peppers.