

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: Salmon That's Quick and Easy and Full of Omega 3s!

### Perfect Festive or Anytime Dinner:

#### Roasted Salmon

#### with Lemon Caper Sauce

3 TB Capers, drained and rinsed  
6 (4 OZ) Salmon Steaks or Filets  
1/3 Cup Lemon Juice  
4 Garlic Cloves, grated  
Zest of 2 Lemons  
1/4 Cup Minced Parsley  
1 Tsp Freshly Cracked Black Pepper  
1 Red Onion, very thinly sliced  
Lemon Slices and Minced Fresh Parsley for Garnish

**Step One** Preheat the oven to 350F.

**Step Two** Combine the capers, onion, lemon juice, zest, parsley, pepper and garlic. Spray or rub a 9 x 12" glass casserole dish with olive oil. Place the onion slices over the

salmon steaks. Pour the lemon caper sauce over the top of the salmon steaks and sprinkle over some parsley. Roast in the oven for about 20 minutes, or until the salmon steaks begin to flake from the flesh when tested with a fork. Remove from the oven and top with lemon slices and parsley. Serve with Brown Rice Pilaf!

### 2 Kitchen Smidgen

#### Shitake Brown Rice Pilaf

1 TB Olive Oil  
1 Large Yellow Onion, Chopped  
1 TB Turmeric  
1/4 Tsp Freshly Cracked Black Pepper  
1/2 Tsp Sea Salt  
1 Cup Long Grain Brown Rice (or Brown Basmati)  
2 Cups Water

1 Cup Chopped, Sautéed Shitake Mushrooms

Freshly Chopped Oregano, Marjoram Rosemary or Thyme

In a saucepan, sauté the onion in the olive oil with the turmeric, pepper and salt. When wilted add the rice and water. Bring to a boil, cover and turn the heat down to low. Simmer for 30 - 45 minutes or until the rice is done. Remove the lid and fluff the rice with a fork, stir the mushrooms in and garnish with fresh herbs.

### 3 Get Creative

Don't feel bad about buying frozen salmon steaks! You can get wild salmon year round if you look for 4 oz. steaks in the freezer section.

## 4 WINE of the Week

### Domaine Serge Laporte Sancerre

Loire Valley  
Costco about \$19

Wondering why this wine is called a Sancerre? The grape that makes this wine crisp, clean and refreshing is Sauvignon Blanc, from the Sancerre area in the Loire. Sancerre wines are the "gold standard" for wines made with the Sauvignon Blanc grape. This juicy citrusy white is a great example of an affordable and delicious example of what a bottle from Sancerre should taste like!