

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Perfect as a Salad for the Cookout or Take it to the Potluck!

Everyone will Enjoy the Bright Flavors:

Tomato Mango Salad

1/3 Cup Extra Virgin Olive Oil
2 TB Rice Vinegar
2 TB Orange Juice
Zest of an Orange
1 Tsp Dijon Mustard
1/2 Tsp Allspice
Sea Salt and Freshly Cracked Black Pepper to taste
6 Cups Green Lettuces
4 Ripe Tomatoes, Sliced
2 Mangoes, Sliced
2 Avocados Sliced
1/2 Cup Minced Red Onion
2 Cups Grape Tomatoes, halved
2 Cans Black Beans, Drained and Well Rinsed
1/4 Cup Chopped Basil
Step One Make the Dressing by

whisking together the oil, vinegar, juice, zest, mustard and allspice in a large bowl. Season to taste with salt and pepper.

Step Two Place the lettuce on a large platter, top with the tomatoes, mangoes and avocados.

Step Three Toss the onion, grape tomatoes, beans and basil in the bowl with the dressing. Place on top of the salad and serve.

2 Kitchen Smidgen

Allspice is the dried berry of an evergreen tree that has a flavor of cinnamon, nutmeg and cloves. Its the signature flavor of Jerk and its often used with pumpkin and winter squash dishes. Allspice is also great in tomato sauces - add a little bit to

your barbecue sauce for extra zing! And speaking of barbecue, if you want to serve a little chicken off the grill with this delicious salad, just make a double batch of the dressing. Marinate chicken breasts or thighs in the dressing for at least an hour, up to overnight. Cook on a clean, oiled grill and serve with wedges of orange and lime.

3 Get Creative

Rice Vinegar is a great substitute for other types of vinegar when you are serving wine with a salad. Some vinegars can be too strong - Rice Vinegar has less acidity and a pleasant light taste that will allow other ingredients, and also wine to shine!

4 WINE of the Week

Casal Garcia Vinho Verde
Portugal

Whole Foods around \$11.00

This wine is so affordable and delicious - you can invite the whole neighborhood over to enjoy this easy and flavorful dinner and drink combo. Vinho Verde is Portugal's refreshing summer quaffer. Slightly fizzy and majorly refreshing this is a perfect picnic or grill wine. You'll smell citrus and pears in the aroma along with an enticing flavor of lemons and a clean crisp finish at the end of a sip.