

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: WOO HOO it's Tomato Time - The Best Time of the Year!

TWO Delicious Tomato Recipes: **Baby Greens and Tomatoes with RANCH DRESSING**

1 Head Garlic
1 TB Extra Virgin Olive Oil
3/4 Cup Light Buttermilk
1/4 Cup Light Olive Oil Mayo
1/4 Cup Chopped Parsley
2 TB Chopped Chives
Sea Salt and Black Pepper

Step One Roast the garlic, by cutting about a half inch off the top of the garlic. Place the garlic in an ovenproof baking dish and drizzle with olive oil. Bake until soft, at 350F for about 1 hour – or until soft. Set aside to cool until you can handle the garlic.

Step Two Squeeze the garlic out of

the head of garlic and add the garlic paste, buttermilk, mayo, parsley and chives in a food processor. Puree until smooth and season with salt and pepper. Serve with a salad of greens and juicy tomatoes.

Tomato and Avocado Skewers with Honey Drizzle

1/4 Cup Lime Juice
Zest of 1 Lime
3 TB Honey
2 TB Extra Virgin Olive Oil
Sea Salt and Black Pepper
1 Pint Grape or Cherry Tomatoes
2 Avocados, Peeled, Pitted and Coarsely Chopped
1/4 Cup Chopped Fresh Cilantro
2 TB Chopped Fresh Mint

Whisk together the juice, honey and canola oil in a small bowl. Season to taste with Salt and Pepper. Load the tomatoes and avocados on bamboo skewers and drizzle with the dressing. Sprinkle with cilantro and mint.

2 Kitchen Smidgen

If you like a spicy kick to your Ranch Dressing, try adding a Chipotle Chile to the processor when you puree your dressing!

3 Get Creative

Did you know that more than 7500 tomato varieties are grown for various culinary purposes – from juice, to ketchup to soup and much more?

4 WINE of the Week

Domane Wachau Gruner Veltliner
Austria
Kroger about \$16.00

The bright taste and acidity of tomatoes calls for a wine with the same characteristics - and Austria's own grape variety, Gruner Veltliner fits that description perfectly. The refreshing acidity of this aromatic white balances perfectly with veggie dishes and salads made with tomatoes.