

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Bitter Greens, Almonds and Olives make this Mole Salad Sing!

Arugula and Radicchio Salad with Mole Vinaigrette

2 Heads Radicchio
8 - 12 Cups Arugula
1 Cup Marcona Almonds, chopped
1 Cup ¼" Chop Manchego Cheese (very small cubes)
1 Cup Chopped Cilantro
1 Cup Pimento Stuffed Green Spanish Olives, Chopped

* Mole Vinaigrette

Cut the radicchio heads in quarters. Spray or sprinkle with olive oil, salt and pepper. Grill on a grill pan or grill until you have good grill marks. Remove and slice. Toss the radicchio and arugula with the remaining salad ingredients together and drizzle with the mole vinaigrette.

* Mole Vinaigrette

¼ Cup Extra Virgin Olive Oil
1 Jalapeno, Ribbed, Seeded and Minced
3 Grated Garlic Cloves
1 TB Unsweetened Cocoa Powder
1 Tsp Cinnamon
1 Tsp Ancho Chili Powder
3 TB Orange Juice
2 TB Lime Juice
1 TB Honey
½ Tsp Chipotle Tabasco
Sea Salt and Freshly Ground Black Pepper to Taste
Shake all the ingredients together in a jar until well combined.

2 Kitchen Smidgen

The name Mole refers to a number

of different of sauces in Mexico - all containing fruit, a chili and often a nut. I'm using the name Mole quite liberally for this salad dressing, but with its orange, lime, cocoa powder and cinnamon it reminds me of traditional Mole flavor.

3 Get Creative

Moister, Sweeter and Softer than a traditional sweet almond, Marcona Almonds have been popular in Mediterranean countries for years and now are gaining fans here in the U.S, as well. Most often sold already roasted and salted, they are a scrumptious addition to this salad or as a snack on their own

4 WINE FIND of the Week Aveleda Vinho Verde

(veeng-yo vaird)

Vinho Verde, Portugal

World Market about \$13.00

The winning crisp flavor in this wine comes from two of the most popular and quality grapes most often used in Vinho Verde. Alvarinho, the tangy grape called "Albarino: in Spain and Loureiro an indigenous Portuguese grape with a distinct flower aroma. A perfect wine for a Cinco de Mayo celebration, and a super light white to enjoy with dinner. Read more about this luscious, refreshing and super priced wine at [What to Drink When You've Had a Drink](#).