

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: A Yummy Partner for the Grill or a Potluck this Weekend!

Mediterranean Quinoa Salad

- 1 1/2 Cups Prepared Quinoa
 - 1/2 Cup Pitted Kalamata Olives, Chopped
 - 1/4 Cup Capers, Drained
 - 1/2 Cup Chopped Sundried Tomatoes, (NOT in oil)
 - 2 Roasted Red Peppers, Chopped
 - 1 Cup Chopped Artichoke Hearts
 - 1 (15 OZ) Can Garbanzo Beans Rinsed and Drained
 - 1 Jalapeno, Seeds and Ribs Removed and Minced
 - 1/2 Cup Chopped Dill
 - 1 Recipe Mediterranean Dressing*
- In a large bowl, toss the ingredients together with the dressing serve in a bed of baby greens – or stuff the

salad into small sweet peppers that have been seeded and halved.

2 Kitchen Smidgen



Mediterranean Dressing*

- 2 Anchovies that have been mashed well with a fork

- 1/4 Cup Extra Virgin Olive Oil
 - 2 TB Red Wine Vinegar
 - 2 TB Chopped Dill
 - 2 Cloves Garlic, grated
 - Sea Salt and Black Pepper
- Place the ingredients in a jar and shake until well combined.

3 Get Creative

When you cook with anchovies in a sauce or dressing, typically you'll have leftovers from the tin. Just drain and package them up in plastic wrap and label them. They will keep in your freezer for 2 or 3 months. When you want to use them, just take them out of the freezer about 15 minutes before you need them.

4 WINE FIND of the Week

Le Galantin Bandol
Provence France

World Market about \$17.00

This beautiful Rose is from one of France's most favorite appellations, (places), for Rose - Bandol. Made with the grapes Mouvedre, Cinsault and Grenache its crisp and mineral taste is perfect for a salad with a fragrant herb and garlic dressing. Its a good choice for most lighter fare, including veggies, salads and seafood.