

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: WHO Doesn't LOVE Shrimp Tacos? NO ONE!

Grilled Shrimp Tacos with Avocado Mango Salsa

1 TB Ancho Chile Powder
1 TB Grated Garlic
1 Tsp Ground Coriander
1 Tsp Oregano
½ Tsp Cumin
1 Tsp Sea Salt
½ Tsp Black Pepper
2 TB Extra Virgin Olive Oil
1 LB Large Shrimp, peeled and deveined

About 16 Warm Corn Tortillas
Shredded Napa Cabbage
1 Recipe *Avocado Mango Salsa
½ Cup Grated Cotija Cheese (OR Grated Parmesan)

Step One Whisk together the chile powder, garlic, coriander, oregano,

cumin, salt, pepper and oil in a bowl. Add the shrimp. Let the shrimp marinate in the fridge for 1 hour.

Step Two Grill the shrimp over medium (350 - 400F) heat until just done, (about 1 minute per side). Place some shrimp in each tortilla, top with Napa cabbage, avocado mango salsa and sprinkle with Cotija.

2 Kitchen Smidgen

Cotija Cheese is often called the Parmesan of Mexico. Salty and hard, its made from cow's milk and just like parmesan, a little goes a long way. Named after the town of Cotija, it keeps well in the fridge and when cold, grates perfectly. Find it in the cheese or international section of

your favorite grocery store or international market.

3 Get Creative

*Avocado Mango Salsa

2 Avocados, peeled and chopped
1 Mango, chopped
3 TB Lemon Juice
1 TB Honey

1 Large Red Tomato, Seeded and Chopped

2 Green Onions, Thinly Sliced

1 Jalapeño Pepper, Chopped

¼ Cup Chopped Fresh Cilantro

Sea Salt and Freshly Ground Black Pepper

Mix all the ingredients together and set aside for 30 minutes to allow the flavors to meld.

This salsa makes a great dip for chips as well!

4 WINE of the Week

Kim Crawford Unoaked Chardonnay
New Zealand

Most Grocery Stores about \$14.00

If you've ever wondered what unoaked Chardonnay tastes like, Kim Crawford is a good one to try. With tropical flavors of pineapple, citrus like lemon and grapefruit and crisp green apple, it packs a lot of flavor into every sip. This is an affordable easy drinker that everyone will love with this week's shrimp tacos and any almost any light seafood recipe.