



Taste and Savor

1 Quick Recipe:

Pasta Salad with an Asian Inspired Twist

1 (16) OZ Whole Wheat Linguine, (or your favorite Asian Pasta shape) Cooked, Rinsed, Tossed with a little extra virgin olive oil and cooled

4 - 6 Cups Thinly Sliced Purple Cabbage or Napa Cabbage (or combination of the two)

1 Large Red, Yellow or Orange Pepper, Finely Chopped

½ Cup Chopped Cilantro

½ Cup Water Chestnuts

½ Cup Green Onions, Sliced

1 Cup Toasted Chopped Cashews

¼ Cup Sesame Seeds

*Sesame Ginger Dressing

Combine the noodles, cabbages, pepper, cilantro, water chestnuts, and scallions in a large salad bowl. Beginning with half of the dressing, toss the salad, adding more dressing as desired. Top the salad with the cashews and sesame seeds.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



*Sesame Ginger Dressing

1/3 Cup Rice Vinegar - unseasoned

3 TB Brown Sugar

1/3 Cup Canola or Grapeseed Oil

¼ Cup Light Soy Sauce, Tamari or Braggs Amino Acids

2 TB Toasted Sesame Oil

3 TB Fresh Ginger, Grated

2 Tsp Garlic, Grated

1 Tsp Dijon Mustard

Sea Salt and Black Pepper to Taste

Add the ingredients to a jar and shake to combine.

2 Kitchen Scoop

If you'd like to make this salad in a more authentic Asian style, try using any kind of noodles from the international aisle. Udon or

fresh Chinese noodles are a great substitution, or if you're looking to make the salad gluten-free, you can use rice noodles.

3 Clever Idea

I'm adding water chestnuts to this salad for their crisp, refreshing crunch. Have you ever seen them fresh? When in season, international markets will have them in the produce section - because they are not a nut, but an aquatic veggie that grows in marshes. (Not surprisingly, they will be stored in water.) You just need to peel them before eating them to enjoy their slight sweetness. Other alternatives for this recipe are fresh jicama or bamboo shoots. Lotus root is another good choice if you are doing some adventurous shopping

4 Cheers!

Hugel Gewurztraminer

Alsace France

About \$17.00

The Delicious White Wine with a funny name - Gewürztraminer! This wine is from Austria, is the flagship white grape and the most planted! Entry-level wines are under \$20, always dry, light-bodied and bright, peppery fresh with lots of apple and citrus notes. More available now than in the past, you can find it in your local wine shop - or even some large grocery stores.