



Taste and Savor

1 Quick Recipe:

EASY Chicken Mole

3 TB Avocado Oil
 8 Boneless Skinless Chicken Thighs, seasoned with salt and pepper
 2 Cups Prepared Salsa
 1 Cup Chicken or Veggie Stock
 2 Roasted Red Peppers, Chopped
 6 Sun Dried Tomatoes
 4 TB Golden Raisins
 4 TB Natural Peanut Butter
 1 Corn Tortilla, torn into pieces
 1 Tsp Sea Salt, plus more to taste
 1 Tsp Cumin
 ½ Tsp EACH Pepper & Cinnamon
 ½ Tsp Ground Cloves
 2 oz Dark Chocolate - at least 70%
 3 TB Sesame Seeds, Toasted
 * 1 Recipe Yellow (Brown) Rice

Step One Heat the oil over medium high in a large skillet. Add the chicken and brown the pieces, removing them when golden.

Step Two, In a blender puree the salsa, chicken broth, peppers, sun dried tomatoes, raisins, peanut butter, tortilla, salt and spices.

Step Three Remove the sauce from the blender. In the large skillet used for the chicken, heat the sauce. When

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



warm, add the chocolate and cook and stir until the chocolate is melted. Add the chicken back to the sauce, and simmer at low heat until the chicken is cooked through, 30-45 minutes. Serve the chicken topping the rice, and sprinkle with sesame seeds.

2 Kitchen Scoop

*Yellow (Brown) Rice

1 Tsp Turmeric
 ¼ Tsp Cumin
 ¼ Tsp Freshly Ground Black Pepper
 Pinch Cinnamon
 1 TB Olive Oil
 4 Cups Water

½ Tsp Sea Salt

2 Cups Brown Rice

In a medium saucepan, sauté the turmeric, cumin, pepper and cinnamon in the oil over low heat until fragrant, stirring, about 1 minute. Add the water and salt and bring to a boil. Add the rice and stir well. Cover and reduce heat. Cook, covered, without stirring until the water is absorbed and the rice is tender, about 30 - 40 minutes.

3 Clever Idea

Make your Mole veggie by substituting Baby Bella Mushrooms for the chicken, and using veggie stock!

4 Cheers!

Las Rocas Garnacha
Spain
 Around \$13.00

This luscious 100% old vine Grenache (70-100 years old) will bring bright fruit and medium acidity to the table - hallmarks of the juicy fruit-forward red wine grape. You'll enjoy the flavors of dark cherry and blackberries with a little spice - very typical of a Spanish Garnacha - the same grape used in France to make Grenache.