



Taste and Savor

**1 Quick Recipe:**

## Strawberry Ginger Almond Salad

1 TB Lemon Juice  
Zest of 1 Orange  
3 TB Apple Cider Vinegar  
3 TB Olive Oil Mayo  
2 TB Nonfat Greek Yogurt  
2 Tsp Grated Ginger  
1 TB Honey  
¼ Tsp Sea Salt  
2 TB Chopped Fresh Parsley  
4 Large Carrots, Shredded  
2 Granny Smith Apples,  
Shredded on a stand grater  
3 Cups Sliced Strawberries  
8 -12 Cups Spring Greens  
4 TB Sliced Toasted Slivered  
or Sliced Almonds

**Step One**

Whisk together the lemon juice, orange zest, apple cider vinegar, olive oil mayo, yogurt, ginger, honey, sea salt and chopped parsley in a jar.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

**Step Two**

Toss the dressing with the carrots, apples and strawberries. Scatter them on a bed of spring greens and garnish with almonds.

**2 Kitchen Scoop**

Did you know that grated ginger is a perfect compliment to fresh berries and fruit like strawberries and oranges? The slightly spicy taste enhances the sweetness AND ramps up the nutrition of

this slaw. Add in the tart taste of the Granny Smith apples and wow! You'll never think of ginger in the same way again.

**3 Clever Idea**

Quick salads like this make the most of seasonal produce. As we roll into the summer and blueberries come into season, try swapping those into the salad. Same with cherries later this summer. Use the recipe as a guide for your own creations!

**4 Cheers!**

Chateau Haut Mouleyre Blanc  
Bordeaux, France

Around \$20.00

The wines of Bordeaux are undeniably some of the most impressive wines in the world, but you can also find affordable Bordeaux that is a good pairing with weekday meals. Sweet and tart from the berries and apples, this salad is a shoe-in for a White Bordeaux. This French "old world" wine is named for the place it's from, the Bordeaux region of France, but made with the Sauvignon Blanc grape. Unlike the more grassy and razor-edged wines Sav Blancs from New Zealand, white Bordeaux is rounder and richer with more tropical flavors.

