



Taste and Savor

## 1 Quick Recipe:

### Roasted Brussels Sprouts and Farro Salad

1 Cup Farro, cooked as the package directs (about 3 cups cooked)  
 1 LB Brussels Sprouts, halved  
 2 TB Extra Virgin Olive Oil  
 ½ Tsp Each Sea Salt and Freshly Ground Black Pepper  
 4 - 6 Cups Arugula or Spinach or Power Greens  
 ½ Cup Dried Cranberries, Low Sugar variety preferred  
 ½ Cup Chopped Celery  
 ½ Cup Coarsely Chopped Toasted Pecans, (toasted in a 400F oven for about 7 - 8 minutes)  
 ½ Thinly Sliced Green Onions, just the green part  
 1 Recipe \*Balsamic Mustard Dressing

**Step One** Cook the sprouts in the microwave for 2 minutes to soften. Then, toss the sprouts with the oil, and sprinkle with salt and pepper. Roast in a 400F oven for about 25 minutes or until the sprouts are slightly brown around the edges.

**Step Two** Spread the arugula out on a large platter. Layer the sprouts, farro, cranberries, celery and pecans

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



on the salad. Drizzle with the dressing and garnish with green onions.

## 2 Kitchen Scoop

This easy and delicious dressing tastes great on this salad - and on so many others. Its also yummy as a marinade for chicken or pork!

### Balsamic Maple Mustard Dressing

2 TB Extra Virgin Olive Oil  
 3 TB Balsamic Vinegar  
 1 TB Dijon Mustard  
 1 Tsp Maple Syrup

½ Tsp Each Sea Salt and Freshly Ground Black Pepper  
 Shake all the ingredients in a jar or whisk in a small bowl.

## 3 Clever Idea

How are you "Thanksgiving" this year? Our meals may be different, but we have so much to be thankful for. Since this salad contains many of the same ingredients from a traditional holiday - like Brussels sprouts, cranberries and pecans - it can be served up as a side for the beautiful golden bird!

## 4 Cheers!

**Louis Latour Bourgogne Chardonnay**  
**Burgundy France**  
**About \$16**

Nutty farro, sweet toasted pecans and a flavorful dressing all point to one grape - Chardonnay. This bottle is an easy-to-find Weeknight Wine choice, Louis Latour Chardonnay. Although its unoaked, the winemaking process, (stainless steel aging), enhances the rich and expressive Chardonnay grapes.

