



Taste and Savor

1 Quick Recipe:

Juicy Ripe Mango and Tomato Salad

1/4 Cup White Balsamic Vinegar
 1/4 Cup Extra Virgin Olive Oil
 1 TB Dijon Mustard
 1/2 Tsp Sea Salt
 2 TB Minced Red Onion
 1 Small Cucumber peeled and seeded, cut into 1/2" Cubes
 1 Jalapeno, ribs removed, seeded and minced
 1 Cup Chopped Cilantro and Basil, divided
 3 Ripe Mangoes, in 1/2" Cubes
 6 Ripe Red Juicy Plum or Round Tomatoes, sliced and salted lightly
 In a large bowl, whisk together the vinegar, oil and mustard and season with salt. Add the red onion, chopped cucumber, jalapeno and 1/2 Cup of the cilantro and basil and stir. Add the mango and stir to combine well. Arrange the tomatoes on a platter and top with the mango mixture. Garnish with the remaining cilantro and basil.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



2 Kitchen Scoop

Did you know that mangoes, olives, dates and coconuts are all part of the "Drupe" family? Yes! Native to South Asia, mangoes are one of the most widely cultivated tropical fruits in the world. They're not only delicious, but nutritious. Full of Vitamin A and goodies like alpha and beta-carotene, about a half cup of chopped mango has 25% of your daily requirement of vitamin A.

3 Clever Idea

We are using white balsamic vinegar in the salad today instead of red, because of the brilliant colors and flavors of the salad. White and red balsamic are both made with the "must" or the results from pressing Trebbiano grapes. Then the vinegar is simmered to reduce the liquid and become sweet. For white balsamic, the pressings are mixed with white vinegar, and then simmered low and slow to keep the light bright white color.

4 Cheers!

Vin Gris de Cigare •
Pink Wine of the Earth
 Central Coast California
 Around \$15

The story behind this wine is sure to make you smile, and your smile will continue when you taste it. In 1954, a village in the South of France adopted an ordinance to outlaw the landing of "cigares" in the vineyards. "Cigare" is slang for UFO in French - and not surprisingly it stopped any UFO landings 😊 True Story! Not only is this wine beautiful in color, its refreshing light and crisp, made with the traditional rosé grapes of the French region like Grenache Blanc, Carianne, Mouvedre and Cinsault. A yummy pair with summer ripe tomatoes and juicy sweet mangoes.