



Taste and Savor

1 Quick Recipe:

Cast Iron Skillet

Broccoli Parmesan Gratin

About 6 Cups Broccoli Florets
2 Cups Chopped Red Onion
1 Tsp - 1 TB Red Pepper Flakes
Sea Salt and Freshly Ground Black Pepper

4 TB Olive Oil, divided

3 Garlic Cloves, grated

½ to 1 Cup Oil Cured, Castelvetrano Sicilian Olives or Kalamata Olives, coarsely chopped.

¼ Cup Chopped Parsley

About ¾ Cup Freshly Grated Parmigiano Reggiano, divided

¼ Cup Chopped Pistachios

Step One Preheat the oven to 375F. Place the broccoli in a bowl, cover and steam in the microwave for 2 minutes. Stir and cook for an additional minute or until crisp tender.

Step Two Add 2 TB olive oil to a cast iron skillet and cook the onion with the red pepper flakes, sprinkled with salt and pepper, over medium heat until soft about 12 minutes. Add the garlic and cook and stir until aromatic, about 1 minute. Remove

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



from the heat and stir in the olives.

Step Three Add the broccoli, parsley, remaining 2 TB of olive oil and half of the cheese to the skillet, season with a good sprinkle of salt and pepper and stir well. Sprinkle the remaining cheese and chopped pistachios on top of the casserole and place in the oven for about 15 or 30 minutes, or until the top is golden.

2 Kitchen Scoop

I don't think we eat enough pistachios! Did you know that A serving (1 oz or 49 nuts) has 160 calories and 6 grams of protein - about the same as an egg. Most of the pistachios that

we enjoy here in the U.S. are actually grown here, but they are also grown around the world in the Middle East, Turkey, Greece and Italy. In some ways, pistachios are like grapes - although they grow on trees instead of vines - they grow in bunches and machines often harvest the nuts.

3 Clever Idea

When you are adding just a little cheese to a dish like this - you want it to be really good! That's why I specify Parmigiano Reggiano in the recipe. Using tangy, complex, crumbly good Parm is a way of creating LOTS of flavor without adding lots of cheese!

4 Cheers!

Averaen Chardonnay
Willamette Valley, Oregon
About \$20

We often think of Willamette Valley as Pinot Noir, but excellent Chardonnay is made in Oregon, too. This wine is a yummy blend from five vineyard sites in the Willamette appellation - working with grapes from multiple vineyards often allows winemakers to create an even more delicious wine that is more affordable. You'll enjoy aromas of citrus and tropical fruit when you smell the wine, and when you taste it you'll get those and also flavors of pound cake and vanilla. Perfect to match the Parm, pistachios in the gratin, and also cuts any bitterness from the broccoli.