



Taste and Savor

**1 Quick Recipe:**

## Sicilian Summer Salad

1 LB Large Shrimp  
 1 TB Olive Oil  
 ½ Tsp Sea Salt  
 ½ Tsp Red Pepper Flakes  
 1 Cup Raw Cauliflower in Florets  
 1 Small Zucchini or Yellow Squash, Sliced Thinly  
 6 – 10 Thin Stalks of Fresh Asparagus, cut in diagonal 1" pieces  
 1 Cup Thinly Sliced Fennel  
 2 Cups Thinly Sliced English Cucumber  
 1 Cup Thinly Sliced Carrots  
 1 Cup Halved Grape Tomatoes, seasoned with salt and pepper  
 1 Cup Sliced Castelvetrano Olives  
 Butter or Sweet Gem Lettuce Leaves  
 Chopped Parsley

**Step One** Preheat the oven to 400F. Toss the shrimp with the olive oil, sea salt and red pepper flakes. Slide into the oven and cook for about 4 - 5 minutes, flipping if necessary, until shrimp are firm and pink. Remove, set aside to cool.

**Step Two** Place the cauliflower, broccoli, squash and asparagus in a

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



colander. Heat 4 cups water to a boil and pour the water over the veggies. Drain and cool.

**Step Three** In a large bowl, toss the cooled veggies with the mushrooms, cucumber and carrots. Pour the dressing over all and refrigerate at least 1 hour, up to overnight. Remove from the fridge, arrange on salad leaves and top with tomatoes and cooked shrimp. Sprinkle parsley on top.

**Simple Sicilian Salad Dressing**

1 Cup Extra Virgin Olive Oil  
 ½ Cup White Balsamic Vinegar  
 2 TB Lemon Juice  
 1 Tsp Each Sea Salt and Freshly Ground Pepper

1 Tsp Dried Oregano  
 Shake the ingredients in a jar.

**2 Kitchen Scoop**

Not a fan of cauliflower? Switch it out for broccoli. In fact, this salad is a great way to use up bits and pieces from your veggie drawer. I've had it with radishes, sliced raw mushrooms, celery and so much more! Just keep texture in mind when you sub out the veggies. You want some softer and some crunchier veggies in the salad.

**3 Clever Idea**

Giardiniera, or pickled vegetables are a favorite way of serving up fresh veggies in Sicily. We are taking this idea and turning it into a salad, but the veggies would also be delicious in a wrap of even a taco!

**4 Cheers!**

**Cortese Catarratto  
Sicily**

**About \$16.00**

Catarratto, the most widely planted grape in Sicily creates a full-bodied wine with lovely lemon flavors, a perfect complement for our fresh tasting green salad with shrimp. If you like Pinot Grigio you'll love Catarratto. It's very affordable in the United States, you can often find it for under \$20. This wine with its fun and bright label is organic and delicious!