



Taste and Savor

1 Quick Recipe:

Crunchy Apple Salad Wraps

- ½ Cup Plain Greek Yogurt
- 2 TB Orange Juice
- 2 TB Orange Zest
- 1/2 Tsp *Garam Masala
- 1 Cup Grated Carrot
- ½ Cup Chopped Celery
- 1 Red Apple, Cored, Chopped
- 2 Green Apples, Cored, Chopped
- 1 Cup Red Seedless Grapes, Halved
- ½ Cup Golden Raisins
- ½ Cup Chopped Roasted and Salted Cashews
- 1 Head Baby Romaine

Step One Mix the yogurt, orange juice, orange zest and Garam Masala in a small bowl to blend. (You can prepare this dressing up to a day ahead of time)

Step Two Add the grated carrot, diced celery, diced apples, halved grapes, raisins and cashews to a bowl. Add the dressing to salad and toss.

Step Three Place a couple of tablespoons of the salad in the leaf and repeat with the remaining leaves.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



2 Kitchen Scoop

Have you tried Garam Masala? Its a aromatic spice blend from India. Full of flavor from spices like cardamom, coriander, cumin, turmeric and cinnamon, you can find it in the spice rack of almost any grocery store. Garam Masala enhances the taste of citrus fruits, especially oranges.

3 Clever Idea

Late August to mid-December is apple season in the United States. Across the country more than 100 different varieties are grown for sale - over 1000 varieties are grown for eating, All 50 states grow apples - here in Georgia, we grow 22 different kinds of tasty apples. Try adding apples to any salad for a sweet hit of crisp flavor - especially this time of year!

4 Cheers!

Dopff & Irion Gewurtztraminer

Alsace France
Around \$20.00

Originating in Alsace France, Gewurtztraminer is so aromatic, it reaches up and grabs you by the nose with its unique aromas of honey, peaches, and flowers. The marriage of apples, grapes, raisins, cashews and yogurt make the gewurtztraminer a natural choice for the naturally sweet and refreshing salad.