



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 QUICK RECIPE:

### Iberian Cheese Dip

- 1 Cup Shredded
- \* Manchego or other Sheep's Milk Cheese
- 2 TB Olive Oil Mayo
- 1 to 2 Tsp Smoked Paprika
- 4 Roasted Red Peppers or 1 Jar (approx. 4) Roasted Red Peppers
- 2 TB Capers
- 2 TB Toasted Sliced or Slivered Toasted Almonds
- Sea Salt to taste

Add the cheese, mayo, paprika and peppers to a small bowl and mix well. Stir in the capers and almonds. Season to taste with salt and use as a dip for fresh crunchy veggies and chips or as a spread for crunchy bread.



## 2 KITCHEN SCOOP

\*Although Manchego cheese is much identified with Spain, sheep's milk cheese is made all over the Iberian Peninsula. Another delicious cheese we can find easily in the United States is Iberico - made from a blend of sheep's, goat's, and cow's milk.

## 3 CLEVER

The Iberian Peninsula contains Portugal and Spain, which are two of the most dynamic countries in the whole of Europe. Both cuisines have a basis in so-called peasant food - hearty, rice-based meals that are cheap to put together and are filling.

## 4 CHEERS!

**Aveleda Vinho Verde**  
(pronounced: veeng-yo vaird )  
**Vinho Verde, Portugal**  
About \$15.00

The winning crisp flavor in this wine comes from two of the most popular and quality grapes most often used in Vinho Verde. Alvarinho, the tangy grape called "Albarino: in Spain and Loureiro an indigenous Portuguese grape with a distinct flower aroma. A perfect wine to enjoy for an aperitif, and a super light white to enjoy with dinner. Read more about this luscious, refreshing and super priced wine at [What to Drink When You've Had a Drink.](#)