4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

the Taste and Savor Life!
Food, Wine, and Travel with Chef Nancy

1 Quick Recipe:

Black Bean and Avocado Tacos

4 Large Eggs
¼ Cup Milk
Olive Oil Spray
1 ½ Cups Black Beans (1 can, drained and rinsed)
Sea Salt and Black Pepper to taste
12 Corn Tortillas, heated in the microwave or stovetop
½ Cup Cheddar, Shredded
1 Cup *Salsa (Use Your Favorite Brand or whip up the *Fast and Easy salsa)
1 Avocado, Thinly Sliced
½ Cup ** Plain Greek Yogurt or Sour Cream
Sliced Green Onions and Chopped Cilantro for Garnish

Step One Whisk the eggs together with the milk

Step Two Coat a skillet with olive oil. Pour in the egg mixture and the black beans and scramble for about five minutes or until done to your liking. Add salt and pepper to taste. Place a spoonful of eggs in each taco, sprinkle a little cheese and top with a dollop of salsa, yogurt, a slice of avocado and the onions and cilantro.

2 Kitchen Scoop

*Fast and Easy Salsa

1 Can Mild Green Chilies and Tomatoes, drained (I like the Rotel brand)
¼ Cup Minced Red Onions
1 Garlic Clove, Grated
½ Cup Chopped Cilantro
1 - 2 TB Fresh Lime Juice
Sea Salt and Freshly Ground Black Pepper to taste
Mix all the ingredients together in a small bowl.

3 Clever Idea

**You can use yogurt instead of sour cream if you'd like to do so. Add 1 Tspof lime juice to ½ cup of yogurt, taste and sprinkle with a little sea salt.

4 Cheers!

Louis Latour
Beaujolais Villages
Around $14

You may not be familiar with the Gamay grape - from the very bottom of the Burgundy region - the wine is named for the place that it is from not the grape in the bottle. Enjoy a slightly chilled Beaujolais Villages at the table with the tacos –you'll love the Gamay grape with a little spiciness from the salsa, meaty flavor from the black beans, and creaminess of the eggs, cheese and avocado.