



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Taqueria Style Corn and Tomato Tacos

6 Ears Fresh Corn
 2 Large Tomatoes
 1 ½ Cups Cooked Black Beans
 or 1 (15 oz) Can
 1 Cup Mexican Crumbly Cheese
 like Queso Fresco
 1 Cup Non Fat Plain Greek Yo-
 gurt mixed with 1 TB Lime Juice
 Roasted Pepper Salsa*
 8 - 12 Fresh Corn Tortillas
 Grill the corn on a hot grill or
 grill pan. Cut the corn off the cob
 and add the tomatoes, black
 beans, and cheese to the bowl.
 Place inside of a warm corn tor-
 tilla and roll up. Garnish with the
 yogurt and roasted pepper salsa.

*Roasted Pepper Salsa

2 Poblano Peppers, Roasted and
 Peeled
 2 Large Tomatoes, chopped
 1/4 Cup Minced Red Onion
 1 TB Orange Juice



2 TB Lime Juice
 1 Tsp Sea Salt
 1 Tsp Cumin
 ½ Cup Chopped Cilantro
 Whisk together all the ingredients
 and set aside for the flavors to
 blend for 30 minutes.

2 Kitchen Scoop

El Milagro corn tortillas are my
 favorite brand. Sadly they are
 available in only three cities,
 Chicago Austin and Atlanta can
 you buy them fresh. (You can or-
 der them online on several sites.)

If you're not lucky enough to find
 them in your city, look for tortillas
 with the fewest number of ingre-
 dients.

3 Clever Idea

The word "Queso Fresco"
 means fresh cheese in Spanish.
 IF you are familiar with the
 texture of Feta, you'll know
 how crumbly queso fresco can
 be. I can find it in the cheese
 section of my local grocery
 stores, but feta - or even soft
 goat cheese are super substi-
 tutes for this traditional Mexi-
 can cheese.

4 Cheers!

Pascal Jolivet Sancerre Rose
 Loire Valley France
 About \$19.00

These tacos are filled with flavor - not
 spicy heat! (This allows me a greater
 variety of wine choices - Woohoo!) Pink
 wine doesn't have to be sweet, this rosé is bone dry with lots of tart acidity
 and the flavors of berries and peaches. You'll also notice just a bit of miner-
 ality in the aroma - think about the aroma of the sidewalk during a rain.
 Now, smell the wine again. Now, you know what it means when a wine is
 said to have minerality!