



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 QUICK RECIPE:

### Mediterranean Sheet Pan Ratatouille

3 TB Extra Virgin Olive Oil, plus more for a drizzle when serving  
 2 Grated Garlic Cloves  
 ½ Tsp Sea Salt  
 ½ Tsp Freshly Ground Black Pepper  
 4 Cups Cauliflower Florets  
 2 Cups Cherry Tomatoes  
 12 Small Sweet Pepper, seeded and cut in half  
 1 (15 OZ) Can Chickpeas, drained and rinsed.  
 1 Lemon in 16 Thin Wedges  
 1 Tsp each Dried Basil, Oregano, Thyme  
 ¼ Cup Chopped Chives or Green Onions (green parts only)  
 Ancient Grains like Farro, Freekeh or Quinoa to serve

Preheat the oven to 400F. Line a baking sheet with parchment and spray or drizzle with 3 TB olive oil. Toss the garlic cloves, salt, pepper, cauliflower, tomatoes, sweet peppers, chickpeas, lemons and herbs together on the sheet tray. Roast in the oven until veggies are cooked



through and browned on the edges. Stir in the chives and top ancient grains with the ratatouille. Drizzle with extra virgin olive oil and serve.

one of the most beloved dishes of French country cooking. Serve it simply in a bowl with a drizzle of olive oil, or spoon it over ancient grains for a hearty, wholesome dish.

## 2 KITCHEN SCOOP

Ratatouille traces its roots to the sun-drenched region of Provence in southeastern France, with its most iconic origins in the city of Nice in the 18th century. What began as a humble farmer's stew has become



I am using dried instead of fresh herbs in this sheet pan recipe, because the herbs when roasted with the veggies and olive oil hydrate slightly and provide a really good pop of herbal flavor.

## 4 CHEERS!

### AIX Rosé Provence, France

About \$15

A classic wine choice for ratatouille is a rosé from Provence. With its sun-soaked vineyards and Mediterranean influence, Provence produces rosés that are crisp, aromatic, and beautifully food-friendly. This bottle is no exception—offering fresh strawberry aromas and lively red berry notes on the palate. Crafted from a traditional southern French trio of grapes - Grenache, Cinsault, and Syrah, it delivers balance and subtle herbaceous hints, and a clean finish that complements the Provençal vegetables in ratatouille perfectly .