



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

St. Patty's Potatoes

4 Large Baking (Russet) Potatoes
 2 TB Extra Virgin Olive Oil
 2 TB Coarse Sea Salt
 ½ Savoy or Green Cabbage,
 Thinly Shredded
 1 Cup Green Onions, Green and
 White Parts, Thinly Sliced
 ½ Cup No Sugar Added Oat Milk
 (or Almond or Skim Milk)
 6 TB Softened Unsalted Butter
 Sea Salt and Freshly Ground
 Pepper
 6 - 8 OZ White or Yellow Sharp
 Cheddar, Shredded
 2 TB Chopped Chives or Parsley

Step One Roll the potatoes in olive oil and coarse sea salt and bake them in a 400F until fork tender. (About 45 to 60 minutes.) Remove from the oven, cut in half lengthwise, and carefully scoop out their insides and add to a large bowl. Place the potato skins on a sheet tray and put them back in the oven for another 10 minutes or until crisp and dry.



Step Two Add the cabbage and green onions, butter, milk, salt and pepper to the bowl. Using a potato masher, mix & mash the potato insides with the ingredients.

Step Three Stuff the mashed potato mixture back into the potato skins and scatter the grated cheddar cheese over the tops. Bake for 15 - 20 minutes or until the cheese melts. garnish with chives or parsley.

2 Kitchen Scoop

Even though we don't eat as many potatoes as the Irish, we

still love our spuds! Mashed, fried, pancakes, hash, boiled and more - potatoes are America's favorite veggie - we eat more than 120 pounds per person each year!

3 Clever Idea

Russet potatoes make the best baked potato because their skins are thicker and their starchy insides have a sweet and fluffy flavor. Since they are typically large, one potato makes a meal on its own, or a half is a super side.

4 Cheers!

Neethlingshof Chardonnay

Unwooded - Estate Range
 Stellenbosch, South Africa
 About \$15

Stuffed potatoes with gooey cheese may be the ultimate comfort food - but they are also a good pair for a delicious white wine. A unoaked chardonnay is my go-to with a baked potato that's paired with a salad - or just on its own! I've chosen a easy-to-find wine, that is perfect for a weeknight or a weekend, Neethlingshof Chardonnay Unwooded. A bright straw color with an aroma of citrus and flavors of lemon, pear and peaches. Crisp and clean tasting, it cuts through the rich goodness of the cheese, and brings out the green flavors of the cabbage and onions.