



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Grape Tomato Salad with Baked Feta

1 (8 OZ) Block of Feta
 ¼ Cup EVOO
 Sea Salt and Freshly Ground
 Pepper to taste
 Red Pepper Flakes (optional)
 1 TB Honey
 2 Cups Grape Tomatoes, halved
 1 Head Romaine, torn
 ¼ Cup Red Wine Vinegar
 Chopped Basil, Mint and Parsley
 for garnish

Step One Preheat oven to 400F. In a small ovenproof dish, drizzle the feta with oil and sprinkle with salt and pepper and if desired, pepper flakes. Roast for 8 to 10 minutes. Remove and drizzle with the honey. Slide it back into the oven for a few minutes or until golden brown.

Step Two While the feta is roasting, add the romaine and tomatoes to a platter.

Step Three While still hot, drain



the oil from the feta into a jar with the red wine vinegar. Shake and pour over the platter of lettuce and tomatoes. Chunk the feta and sprinkle over the top. Garnish with herbs.

of "feta" on a label from some parts of Europe, but the cheese still tastes like salty tangy feta. In other parts of the world like the United States, feta cheese can be made with a variety of milks.

2 Kitchen Scoop

Depending on where it's from, feta can be made with cow, sheep or goat's milk. In the EU, it must be made with mostly sheep's milk and can have a little goat's milk added. That's why you may see the name "white cheese" instead

3 Clever Idea

Tomato season is just starting and I think but grape or cherry tomatoes and Campari tomatoes are the best tasting right now. I like grape or cherry tomatoes in this salad for their firm texture and sweet taste.

4 Cheers!

Chateau D'Esclans The Palm

Provence, France
 About \$15

Cinsault is not a grape name that comes to mind immediately, but Cinsault, (San-sew), is a major player in the rosé wine world of Provence. The Palm wine is the entry level offering from Chateau D'Esclans, famously known for its Whispering Angel rosé and its delicious luxury offering, Garrus. It's always a great idea to enjoy a wine that comes from a winery that also makes high end wines – you'll often find their entry level wines to contain grapes that are ones not able to be used in the more expensive wines – but are still super. You'll enjoy flavors of strawberries and cherries in this yummy wine,