



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 Quick Recipe:

### Zesty Cherry Salsa Topped Grilled Chicken

3/4 Cup Chopped Cilantro  
1/2 Cup Chopped Shallots  
2 TB Lime Juice  
1 TB Orange Juice  
1/4 Cup Olive Oil  
4 -6 Boneless Skinless  
Chicken Breasts

**Step One** Combine the cilantro, shallots, juices and oil in a ziplock bag. Cut the chicken breasts horizontally into two pieces. Add the chicken to the bag and place in the fridge for an hour to marinate while you make the salsa.

**Step Two** Remove the chicken from the marinade and grill outside, or on a grill pan until done, (firm to the touch and 165F on an instant read thermometer.) Serve topped with cherry salsa.

### Zesty Cherry Salsa

1 Cup Chopped Cilantro  
1/2 Cup Chopped Shallots



1 TB Lime Juice  
2 TB Orange Juice  
2 Jalapeños, Ribbed, Seeded and Finely Chopped  
2 Lbs Cherries, Pitted and Coarsely Chopped  
1/4 Cup Extra Virgin Olive Oil  
Sea Salt and Freshly Ground Black Pepper to Taste  
Combine the ingredients in a bowl. Set aside for at least an hour, or place in the fridge overnight to allow the flavors to develop.

## 2 Kitchen Scoop

Loaded with vitamins, minerals and other nutrients, cherries are much more than just sweet - they're a powerful, bite-size health boost. Cherries contain anthocyanin - the red pigment in berries. Anthocyanins are potent antioxidants under active research for a variety of potential health benefits.

## 3 Clever Idea

Who says this salsa has to be used just for chicken? Try it with pork, as a topping for a turkey burger or just by itself with chips. Place a scoop on top of a log of goat cheese, and serve it up with crunchy crackers.

## 4 Cheers!

Samuel Robert Pinot Noir  
Willamette Valley Oregon

Around \$18.00

Oregon Pinot Noir for under \$20? Yes! Wine Enthusiast magazine gave this vintage a high score as an affordable best buy - and I agree. The climate in Willamette Valley is similar to Pinot Noir's home in the Burgundy region of France, and this wine affirms it. Packed with full-bodied sweet cherry flavors accompanied by a hint of warm baking spices, this a wine to seek out and enjoy with this salsa topped chicken.