



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Mediterranean Chicken Salad

Roasted Seasoned Chicken

About 2 LBs Boneless Skinless
Chicken Breasts

1 TB Extra Virgin Olive Oil

2 Tsp Smoked Paprika

2 Tsp Ground Ground Fennel

1 Tsp Ground Ground Cumin

½ Tsp Each Sea Salt and Freshly
Ground Black Pepper

Drizzle the chicken with the olive oil
and season with spices. Sprinkle
with salt and pepper. Roast in a
400F oven until done, about 20
minutes or until chicken is 165F.
When cool, chop in 1/2" pieces.

Salad

1 Cup Chopped Fennel (or Celery)

1 Cup Chopped Roasted Red Pepper

½ Cup Thinly Sliced Green Onions,
green parts only

¼ Cup Chopped Cilantro, plus more
for garnish

1 TB Lemon Juice

½ Cup Olive Oil Mayo

1 Tsp Each Smoked Paprika and
Ground Fennel

Sea Salt and Pepper to taste

½ Cup Chopped Capers

Roasted Chicken

Mix all the ingredients together in a
bowl. Best if allowed to rest in the
fridge for an hour or so. Garnish
with chopped cilantro.

2 Kitchen Scoop

In this salad I've used both fresh
fennel and the spice fennel.
(Which is dried and powdered
fennel.) That's a "chef" secret -
adding an ingredient in different
forms to make a recipe taste even
more flavorful.

Portugal is a relatively small but diverse
wine producing nation, and one of its
yummy wine exports is dry rosé, a wine
that's ideal for summer enjoyment. Three grapes whose names don't roll
off your tongue easily: Vinhao, Alvarelhao and Pedral contribute fresh-
ness and complexity to this dangerously delicious wine. You'll enjoy Red
berries like strawberry, raspberry and citrus fruit flavors in this light,
crisp and almost spritzzy wine.



3 Clever Idea

I served the chicken salad up in
a hollowed out tomato. When
summer rolls around and juicy
ripe summer tomatoes are
everywhere, I love putting all
kinds of salads and veggies in
them. I use a melon baller to
scoop out the insides. Of course,
I save it in my veg bag with
which [I create yummy veggie
stock](#). In the photo above I used
shredded purple cabbage for its
beautiful color and its crunchy
texture. I often use cabbage in-
stead of lettuce to amp up the
crunch in a salad. Try it!

4 Cheers!

Nertico Dry Rosé

Minho, Portugal
About \$13