



1 QUICK RECIPE:

Grilled Corn and Summer Veggie Salad

4 Ears of Corn, husked
 2 - 3 Small Zucchini, cut in 1/2" rounds
 1 Large Vidalia Onion, sliced in quarters, and pierced with a bamboo skewer
 Olive Oil Spray or Olive oil
 Sea Salt and Freshly Ground Pepper
 8 OZ Orzo (Whole Wheat if Possible)
 1 Cup Grape Tomatoes, Quartered
 1/4 Cup Chopped Fresh Parsley
 2 TB Chopped Fresh Mint
 2 TB Chopped Fresh Basil

Step One Preheat the grill until hot. Spray (or lightly coat) the corn, zucchini and onion with the olive oil and place on the grill over medium high heat. Cook for about 5 minutes and then turn and cook for another 5 to 10 minutes or until soft and grill marked. Remove from the grill. Season with salt and pepper.

Step Two Cook the orzo as the package directs. While the orzo is cooking, make the *dressing for the

salad and cut the corn off the cob. Chop the onion into 1/2" pieces

Step Three Drain the orzo and place it in a large bowl. Add the grilled corn, zucchini and onion into the bowl along with the tomatoes and herbs. Toss and add the dressing, starting with half and adding as desired.

*Dressing

1/4 Cup Extra Virgin Olive Oil
 1 TB Dijon Mustard
 2 TB Balsamic Vinegar
 1 Tsp Italian Seasoning
 Sea Salt and Freshly Ground Pepper

With the salad, this pairing is a winner - the wine's vibrant acidity complements the sweet char of the grilled corn, while its soft tannins won't overpower the fresh vegetables. It's light enough for a hot evening yet flavorful enough to stand up to the smoky notes from the grill. Serve it up chilled - pop it in the fridge about 20 to 30 minutes before pouring!

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



Shake all the ingredients together in a jar. Season to taste with salt and pepper.

2 KITCHEN SCOOP

We've used whole wheat orzo in the salad today, but you can use your favorite short pasta shape, whether traditional or alternative like chickpea or lentil pasta. So good and SO easy!

3 CLEVER

Make it pretty! Save out 1 zucchini and line your platter with the zucchini slices on one side like I did in the photo above.

4 CHEERS!

Domaine Dupeuble

Beaujolais

Beaujolais France

About \$20