



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 Quick Recipe:

### Smoky Potato and Artichoke Salad

3 LBS Cooked Red or Yellow Potatoes cut into 1" Chunks  
 3 Cups Artichoke Hearts, (defrosted if frozen, or canned in water)  
 1 Cup Thinly Sliced Roasted Red Peppers  
**\*Smoked Paprika Dressing\***  
 ½ Cup Chopped Cilantro

Toss the potatoes, artichokes and red peppers together in a large bowl. Drizzle with the smoked paprika dressing and garnish with chopped cilantro.

#### \*Smoked Paprika Dressing

2 Garlic Cloves, peeled  
 ¼ Cup Olive Oil Mayonnaise  
 2 TB Dijon Mustard  
 2 TB Red Wine Vinegar  
 2 TB Lemon Juice  
 ¼ Cup Extra Virgin Olive Oil  
 2 TB Smoked Paprika  
 1 Tsp Turmeric  
 Sea Salt and Freshly Ground Pepper  
 Place all ingredients in the food processor and puree season with salt and pepper.



## 2 Kitchen Scoop

Like me, I bet you think of Ireland when I say "potato". I didn't learn that the Inca Indians in Peru discovered the world's fourth largest food crop until recently. Now, I know that the Spanish conquistadors brought them back to Europe in the mid 1500s and they arrived in North America by the early 1600s. Today, over 1000 varieties are grown all over the world!

## 3 Clever Idea

Did you know that artichokes are actually the "heart" of a thistle? These delicious veggies are cultivated in the countries around the Mediterranean, but most of our U.S. artichokes come from California. Castroville California calls itself the "Artichoke Center of the World" and if you have ever visited it, you would agree! I love whole artichokes, but now that we can easily find frozen artichoke hearts, we can add their flavor to many new recipes. Try tossing them into salads or casseroles for flavor, and a serving of potent antioxidants.

## 4 Cheers!

**Martin Codex Albarino**  
**Rias Baixas Spain**

About \$16.00

Albarino is said to be the "chardonnay of Spain". After you taste it, you'll understand. To find this bottle, just look for the wine with the stringed instrument on the label - and you will discover a refreshing, food friendly sipper that will take you from the grill to the table. Add its delicious flavors of apples, peaches and pineapple, you'll find Albarino is perfect for a warm summer evening dinner with family or friends.