4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



1 QUICK RECIPE:

Roasted Butternut Squash Salad with Pomegranate Honey Dressing

1 Small *Butternut Squash, Roasted and Chopped (Check out the easiest way to Chop the Squash HERE then roast the chopped squash, tossed with olive oil, salt and pepper on a sheet tray in a 400F oven for about 30 minutes),
1 Cup Green Onions, thinly sliced
2 Cups Cooked Tri Color Quinoa
1 Cup Chopped Toasted Pecans
1 Cup Chopped Fennel or Celery
1 Cup Golden Raisins
6 Cups Baby Kale, Spinach or other "Strong Greens"
1 Cup Crumbled Blue Cheese or Goat Cheese
Place each ingredient separately on a large platter. When ready to serve, drizzle with the Pomegranate Honey Dressing and serve more up on the side for people to use as they would like to do so!

Pomegranate Honey Dressing

2 TB Apple Cider Vinegar
1 TB **Pomegranate Molasses
1 TB Honey
1 Tsp Dijon Mustard
1 Garlic Clove, grated
5 TB Extra Virgin Olive Oil
Sea Salt and Freshly Ground Pepper
Shake all the ingredients together in a jar.

2 KITCHEN SCOOP

**NO Pomegranate Molasses? NO problem. Increase the amount of honey in the dressing to 1 1/2 TB, and add the punch of pomegranate seeds to your dressing - you'll need about 2 TB to add their tangy flavor. (You can find pomegranate molasses at the international market, online or at speciality stores.

3 CLEVER

If you've never used fennel before, you're in for a crunchy treat. A flowering plant in the carrot family, its bright crisp texture brings more flavor AND a little more nutrition to salads, soups and stir fries. If you're using celery for a recipe - try substituting fennel instead! To get a quick primer on how to chop or slice fennel, check out this video HERE

4 CHEERS!

Vietti Barbera d'Asti
Piedmont Italy
About $20

Reach for a fresh, fruity Barbera d'Asti! This lively Italian red offers juicy cherry and raspberry flavors, bright acidity, and gentle tannins. Barbera is one of Piedmont's signature grapes in northwest Italy, where it produces food-friendly wines known for their vibrant fruit and refreshing acidity. Serve it slightly chilled alongside roasted butternut squash and tangy pomegranate dressing for a fun, unexpected fall pairing.