

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Super Salad that Packs a Punch of Protein!

### Love that Quinoa:

4 Cups Thinly Sliced Napa Cabbage  
1 ½ Cups Quinoa, Cooked and Cooled  
1 Cup \*Caramelized Red Onion  
1 Cup Shredded Light Cheddar  
2 Cups Chopped Green Apples  
1 Cup Sliced or Slivered Almonds, Toasted  
1 Cup Thinly Sliced Fennel  
1 Cup Golden Raisins  
1 TB Chopped Parsley  
*Dressing*  
3 TB Sherry Vinegar  
2 TBs Extra Virgin Olive Oil  
1 Tsp Dijon Mustard  
½ Cup \*\*Apple Juice, Reduced to 1 TB (or 1 Tsp Honey)  
Sea Salt and Black Pepper

**Step One** On a large platter, layer the greens, quinoa, onions, cheese, apples, fennel, raisins, almonds, and parsley.

**Step Two** In a jar or small bowl, whisk the vinegar with the olive oil, add the Dijon, apple juice, sea salt, and a few grinds of pepper. Taste and adjust seasoning. Drizzle the dressing over the salad and serve.  
*\*To caramelize the onions, slice the onions in half and then slice thinly. Heat 2 TB of olive oil in a sauté pan. When warm add the sliced onions, 1 Tsp of turmeric, a ¼ Tsp of sea salt and ¼ Tsp of freshly ground black pepper. Cook and stir for 5 minutes over medium heat, add 2 TBs of balsamic or sherry vinegar and cook*

*until the vinegar cooks away and the onions are brown and soft. Remove from the heat and let cool to room temperature.*

### 2 Kitchen Smidgen

Haven't sliced Napa Cabbage before - or don't remember how? Check out my video on You Tube at <http://bit.ly/eOwfft>

### 3 Get Creative

**\*\*Using reduced fruit juice is a great way to sweeten food – without using sugar. To concentrate the juice, pour it into a sauté pan, and over low heat, reduce it to 1 TB or until it is syrupy. Try adding it to any recipe that calls for honey – or just in your tea. Delicious!**

## 4 WINE of the Week

**Cupcake Sauvignon Blanc**  
Marlborough, New Zealand

Cost Plus World Market about \$12.00

This crisp and light white wine is made with arguably the most renowned grape of New Zealand, sauvignon blanc. The cool temperature in the Marlborough valley allows the wine to develop the lemon, lime and green apple flavors that match perfectly with the apples in this easy and delicious quinoa salad.