

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Fast and Easy Weeknight Treat!

### Poo-ta-nesk-ah Sauce is Wonderful on Any Pasta Shape

#### 20 Minute Penne Puttanesca

1 TB Canola Oil  
1 Yellow Onion, Finely Chopped  
3 Cloves Garlic, Minced  
1 Tsp Red Pepper Flakes  
4 Cups Canned Chopped Tomatoes  
1/2 Cup Dry Red Wine  
1 1/2 TB Balsamic Vinegar  
1 Tsp Sugar  
1 Tsp Each Kosher Salt and Pepper  
6 \*Anchovy Fillets, Chopped  
3 TB Capers  
1 Cup Kalamata Olives, Chopped  
1 Box Whole Wheat Penne \*  
2 TB Chopped Parsley  
Grated Pecorino Romano to Serve

**Step One** Heat the oil in a saucepan and saute the onion and red pepper flakes over medium high heat for 3-5 minutes, or until soft. Add the garlic and saute for 1 minute, then the tomatoes and wine. Bring to a boil, reduce the heat and simmer for 10 minutes.

**Step Two** Season with the balsamic vinegar, sugar, salt and pepper. Add the anchovies, capers and olives and simmer for an additional 3-5 minutes, or until warm.

**Step Three** While the puttanesca is simmering, cook the pasta according to package directions.

**Step Three** Toss the pasta with the pan of puttanesca sauce. Serve gar-

nished with parsley and cheese.

### 2 Kitchen Smidgen

\*Anchovies are a dividing food - either you love them or you hate them! But even if you are not an anchovy fan, try cooking them, as in this recipe. When the anchovies are heated they simply dissolve, leaving a luscious salty flavor.

### 3 Get Creative

\*Penne (Pen-A) is short wide tube of Italian pasta. The name comes from the Latin word for quill or feather. It's a perfect pasta for "saucy" dishes because of it's hollow interior which catches all the goodness. It's available in a smooth or a ridged version. Try it with any thick sauce - hot or cold, just make sure not to overcook it.

## 4 WINE of the Week

Caldora Montepulciano D'abruzzo  
Abruzzi, Italy

Total Wine about \$11.00

Here's a versatile everyday red that shines when enjoyed with tomato sauces. It's made primarily with the Montepulciano (Mont-ta-pull-chi-on-oh) grape. It has a beautiful deep ruby color, with medium body, nice acidity and light tannins. You'll smell plums and cherries and taste berries and vanilla when you drink it.