

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Thai Satay in a Pita Pocket!

Fresh and Crunchy Salad ...

Chicken Satay Pitas

1/3 Cup Natural Peanut Butter
2 TB Rice Vinegar
1 TB Soy Sauce
1 TB Sesame Oil
1 Tsp Minced Fresh Ginger
2 TB *Sweet Chili Sauce
Kosher Salt and Black Pepper
1 1/2 LB Ground Chicken
1/3 Cup Minced Red Onion
3 TB *Sweet Chili Sauce
1/3 Cup Chopped Cilantro
1/2 Tsp each Kosher Salt and Pepper
3 Cups Shredded Napa Cabbage
1 Cup Shredded Carrots
1/4 Cup Chopped Green Onions

6 Whole Wheat Pita Pockets

Step 1 To make the dressing, mix the first 6 ingredients together in a bowl. Taste for salt and pepper. Set aside.

Step 2 Mix the chicken, onion, cilantro, chili sauce and salt and pepper in another bowl; make 6 one-inch thick patties.

Step 3 On an oiled grill, (or grill pan), cook the burgers 7 to 8 minutes, turning once halfway, or until no longer pink in the center.

Step 4 Toss the dressing with the shredded cabbage, carrot and green onion. Split the pitas in half. Place some of the tossed salad in the pitas, and slide in the grilled

chicken patties.

2 Kitchen Smidgen

Asian *Sweet Chili Sauce is a sweet and mildly spicy Thai condiment readily available in the international section of your grocery store. Try it as a dipping sauce for chicken tenders or kebabs, too.

3 Get Creative

Rice Vinegar is a great substitute for other types of vinegar when you are serving wine with a salad. Some vinegars can be too strong - Rice Vinegar has less acidity and a pleasant light taste that will allow other ingredients, and also wine to shine!

4 WINE of the Week

Hogue Chenin Blanc

Columbia Valley, Washington State
Total Wine, Publix about \$9.00

Crisp, refreshing, lemon zest and green apples are all words used to describe this "good buy" chenin blanc from Washington state. Chenin Blanc grapes are grown in France, (where the wine is called Vouvray), to South Africa, (where it is called Steen), but wherever they grow, you can call it good. Well balanced in acidity and sweetness, you'll find this delicious wine a welcome change from the same old whites.