

The Friday 4

4 FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Everyone Loves This Steakhouse Favorite!

Spend Time with Dad - Instead of in the Kitchen on Sunday...

Super Easy Seared Steak

1 - 2 LB Steak, Type of Your Choice
1 Tsp Kosher Salt
2 TB Olive Oil

Red Wine Vinegar Marinade:

1/2 Cup Olive Oil
1/4 Cup Red Wine Vinegar
2 TBs Dijon Mustard
2 Garlic Cloves, Chopped
2 Green Onions, Finely Chopped
1 Tsp Freshly Cracked Black Pepper

Step One Place all the Marinade Ingredients in a Zippy Bag. Add the Steak and massage to coat. Place in the frig for 2-4 hours

Step Two Remove the Steak, pat dry and discard the Marinade. Sprinkle

with Kosher Salt. In a large heavy oven-proof skillet over high heat, heat the olive oil. Add the steak and, depending on how thick your steaks are - saute the steak for about 3- 5 minutes on each side for medium rare. Remove the steaks from the pan, and let rest for 10 minutes before slicing and serving with:

Perfectly Creamy Spinach

3 Pkgs Frozen Chopped Spinach
1 8 oz Pkg Soft, Lite Cream Cheese
1 Cup Lite Sour Cream
2 TB Fresh Lemon Juice
1 Tsp Kosher Salt

Step One Defrost the Spinach in the microwave, and **drain***. In a casserole dish, mix together all the ingredients, pop into a 350F oven for 20-30 minutes to heat through.

2 Kitchen Smidgen

Never have watery spinach* dishes again! Make sure you have all the water out of frozen spinach by placing it in a clean kitchen towel, rolling it up, grasping both ends and wringing it out over the sink.

3 Get Creative

End Dad's Dinner with Fresh Berry Lemon Cream Sundaes. Wash and pat dry three pints fresh berries. Mix with a fork to lightly crush, and pour over 4 TB freshly squeezed Orange Juice. Let stand while you whip 1 1/2 Cups of Whipped Cream until soft peaks form. Fold in 2 TB of finely grated lemon zest. Serve the berries over Frozen Vanilla Yogurt topped with the Lemon Whipped Cream

4 WINE of the Week

Franciscan Oakville Estate Cabernet Sauvignon 2005

Cost Plus about \$20.00

With a hearty steak for dinner - it's time to bring out the BIG REDS. Good California wine is often quite expensive but this Cabernet is an excellent value. You'll smell rich aromas of dark red fruits and berries and taste jammy fruit, coffee and raspberries. It is elegant and dry on the finish, with a hint of toasty oak and chocolate.