

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Creamy Avocado, Grilled Tuna and Crunchy Veggies!

Explosion of Flavors:

Asian Salad with Grilled Tuna and Avocado Salsa

4 Tomatoes, Seeded and Chopped
1 Cucumber, Peeled, Seeded and Chopped
1 Can Water Chestnuts, Drained and Rinsed Well, Chopped
6 Green Onions - Green Parts Only, Sliced
1 Cup Cooked, Shelled Edamame
*Asian Salad Dressing
1 Cup Asian Grilled Tuna, Chopped
1 Large Avocado, Chopped
Salt and Pepper to Taste
Field Greens
Handful of Cilantro and Mint, Coarsely Chopped
Toasted Sesame Seeds for Garnish

Step One To make the salsa, add the tomatoes, cucumber, water chestnuts, onions and edamame to a bowl. Drizzle about half the dressing over the mixture and stir to combine. Gently fold in the tuna and avocado. Season with salt and pepper.

Step Two In a large salad bowl, toss the field greens with the cilantro and mint. Place the salsa in the middle of the greens and garnish the entire salad with toasted sesame seeds.

*Asian Salad Dressing
1/4 Cup Rice Vinegar
1/3 Cup Canola or Vegetable Oil
1 Tsp Dijon Mustard
1/2 Tsp Light Soy Sauce
1 TB Honey
Salt and Pepper to Taste

Shake together in a jar - or combine in a bowl with a whisk.

2 Kitchen Smidgen

Asian Grilled Tuna is a snap to make. For each tuna steak, place 2 TBs light soy sauce, 1 Tsp dijon mustard, 1 Tsp dark sesame oil, 1 TB lemon juice, 1 TB grated ginger and 1 grated garlic clove in a zippy bag. Press the bag to combine the ingredients, and add the tuna. Marinate for 1 - 4 hours before grilling.

3 Get Creative

Try adding fresh herbs to your salad greens for a real lift of flavor. Experiment with all kinds - try torn basil leaves in a salad topped with tomatoes, olives and fresh mozzarella or try fresh mint combined with soft butter lettuce for a fruit salad. There is no end to the delicious combinations you can create!

4 WINE of the Week

Chateau Saint Michelle Horse Heaven Hills Sauvignon Blanc - WA State

Costco around \$12.00

This wine's grapefruit, honeysuckle and lime zing is a great foil for Asian flavors. A versatile easy drinker for almost any grilled fish or seafood, you'll notice the taste is much dryer than the delicious honeyed aroma.