

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Fast, Fresh and Colorful and Fun!

### Luscious Creamy Avocado, Crunchy Cabbage and Carrots make a Perfect Dinner Salad:

#### Avocado and Queso Cotija Salad

2 Avocados, Coarsely Mashed  
 ½ Cup Crumbled Queso Cotija or Queso Enchilado, (or Feta Cheese)  
 ¼ Cup Chopped Cilantro  
 2 TB Chopped Peanuts, plus more for garnish  
 ¼ Tsp Red Pepper Flakes  
 1 Garlic Clove, Grated  
 Shredded Napa Cabbage  
 Grated Carrots  
 Quartered Grape Tomatoes  
 Chopped Green Onions, green part only

Fold the ingredients together, place over a bed of shredded Napa cabbage, carrots, grape tomatoes and green onions. Sprinkle with peanuts and serve.

### 2 Kitchen Smidgen

**Queso Cotija** [Ko-tee-hah] is a dry salty grating or crumbly cheese similar to Feta. It is known as the "Parmesan of Mexico". It was originally made with goat's milk but today cow's milk is preferred. This cheese is strongly flavored, firm and perfect for grating. The aged version is referred to as "anejo". **Queso Enchilado** means "cheese with chile color" in Span-

ish. Cotija Añejo Cheese is covered with a coating of spices such as paprika and chile which gives it its external color and slightly hot flavor.

### 3 Get Creative

The avocado is not only delicious – it is good for you too! Did you know avocados provide nearly 20 essential nutrients? Avocado is a fruit that is from a tree native to Mexico - an average tree produces about 1,200 avocados annually! That's a lot of creamy goodness. Try spreading mashed avocado on your sandwich instead of mayo for lots of healthy fat and flavor.

## 4 WINE of the Week

### Wente Vineyards Sauvignon Blanc Wente Family Estate Selection

Livermore, California

Total Wine about \$10.00

Founded more than 125 years ago, Wente Vineyards is the country's oldest continuously operated family-owned winery. Blending traditional and innovative winemaking practices, the winery draws from approximately 3,000 acres of sustainably farmed Estate vineyards to create wines like this delicious crisp and light sauvignon blanc. You'll enjoy melon, peach and citrus flavors with a light body and refreshing finish.