

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Even the Meat Eaters in Your Family will Love This Recipe!

Delicious, Warm and Good-for-you: Baked Ratatouille with Goat Cheese

1 Large or 2 Small Eggplants, Sliced
in 1/2" Rounds

3 Large Zucchini, Sliced in 1/2"
Rounds

2 TB Olive Oil

1 TB Italian Seasoning

Sea Salt and Black Pepper to taste

1 Recipe Perfectly Easy Tomato Sauce*

15 OZ Goat Cheese, Sliced in
Rounds 1/2" Thick

Julienned Fresh Basil for Garnish

Step One Toss the sliced eggplant
and zucchini together with the olive
oil, Italian seasoning and a good
sprinkle of salt and pepper. Spread
them out on a sheet pan and roast in
a 400F oven for about 30 minutes or
until golden brown, turning them

once. Turn the oven down to 350F.

Step Two Layer the eggplant and the
zucchini in a 9" x 12" lasagna pan.
Top with the tomato sauce, cover
with aluminum foil and place back in
the oven. Cook at 350F for 1 hour.
Remove from the oven, take off the
foil and place the goat cheese in
two rows. Place the pan back in the
oven for about 15 minutes, or until
the cheese is melting. Set aside for
15 minutes. When it has slightly
cooled, spread the basil over the
cheese and serve.

2 Kitchen Smidgen

*Perfectly Easy Tomato Sauce

2 TB Extra Virgin Olive Oil

1 Minced Yellow Onion

1 Tsp Turmeric

1/4 Tsp Black Pepper

1/2 Tsp Sea Salt

4 Grated Garlic Cloves

2 (28 oz) Cans of Fire Roasted
Diced Tomatoes

**Bouquet Garni

Cook the onion, turmeric, pepper
and salt in the oil - in a large
saucepan over medium heat until the
onion is soft, about 7 minutes. Add
the garlic and cook for about a min-
ute more. Add the tomatoes and the
bouquet garni to the pan. Simmer
for about 30 minutes or until thicker.

3 Get Creative

**Bouquet Garni is "Kitchen Talk" for
a bundle of herbs, tied together with
kitchen string - no chopping required!
Just grab about 6 stems of herbs, (your
choice), and tie them together to amp
up the flavor any dish!

4 WINE of the Week

Perrin & Fils Cotes du Rhone Villages

Rhone, France

Costco about \$10.00

This easy to drink dark red wine comes
from the Cotes du Rhone - located the
bottom of the Rhone valley in France. Two grapes are blended, (Grenache and
Syrah) to create a full flavored well-balanced wine with a dark cherry aroma and
a delicious taste to match.