

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Refreshing Chicken Salad for Mothers Day Lunch

Dressed with Yogurt and Tossed with Fruit:

Chicken & Pomegranate Grape Salad

1 TB Lemon Juice
1 Cup Non Fat Greek Yogurt, plus more as desired
2 TB Pomegranate Molasses
1 Head of Fennel, Chopped
6 Green Onions, Green Parts Only, Sliced
1 Cup Chopped Toasted Pecans
¼ Cup Chopped Italian Parsley
2 Cups Grapes**, Cut in Half
2 *Cooked Chicken Breasts, Cut in 1" Pieces
Sea Salt and Black Pepper to Taste
1 Large Bag Baby Spinach Leaves, Tossed with Champagne Vinegar,

& Sea Salt and Pepper to taste.
Pomegranate Seeds for Garnish
Step One In a large bowl, mix the lemon juice, yogurt and pomegranate molasses together. Toss the fennel, onions, pecans, parsley, grapes and chicken into the bowl with the yogurt mixture. Season to taste with salt and pepper. Serve on the dressed spinach, garnished with pomegranate seeds.

* Either use a Rotisserie Chicken, or drizzle a little olive oil and sprinkle on a little salt and pepper. (See Get Creative at the right for a seasoning idea.) Roast in a 350F oven for 15-20 minutes, or until the chicken is pierced and the juices run clear.

2 Kitchen Smidgen

**You may want to consider buying organically grown grapes. The Shoppers Guide to Pesticides at www.foodnews.org has a list of the "Clean 15" and the "Dirty Dozen" that can help you in your decisions about what fruits and veggies to buy conventionally grown or organic. Of course, local fruits and vegetables are the best, and luckily we are almost at peak growing season!

3 Get Creative

When cooking your chicken, make it special by adding a sprinkle of herbs or spices. Some good choices for this recipe include curry powder or garam masala, smoked paprika or even a dusting of Italian seasoning.

4 WINE of the Week

La Vieille Ferme Rose
Côtes du Ventoux, France
Cost Plus around \$12.00

Travel just east of the southern tip of France's Cote du Rhone and you'll find the home of this watermelon, floral and rich dark strawberry charmer. It's a blend of Cinsault, Grenache and Syrah grapes fermented in stainless steel for a bright, dry and very drinkable quaffer. Why so pretty and pink? The grape skins were left in contact with the grape juice for 24 hours.