

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Delicious and Easy AND Incredibly Impressive!

### "Rolls" are a Fun Way to Capture Flavor INSIDE of Chicken:

#### California Chicken Saltimbocca

2 TBs each, Minced Fresh Rosemary, and Minced Fresh Sage, Plus More for Garnish

1 Tsp Fresh Thyme, Plus More for Garnish

4 Boneless Skinless Chicken Breasts, cut in half horizontally

8 Slices Prosciutto

2 TB Olive Oil

Sea Salt and Pepper to Taste

1 Cup Dry White Wine

2 TB Lemon Juice

Lay the chicken breasts out on a cutting board. Cover each breast with a slice of Prosciutto and a sprinkle of herbs. Roll up each breast and tie

with kitchen twine. Season with salt and pepper. Heat the oil in a large sauté pan over medium high. Place the chicken in the pan and sauté until golden brown. Add the wine and lemon juice, cover and simmer on low for 20 minutes or until cooked through. Garnish with herbs.

#### Herb Rubbed Veggies

3 Cups Sliced Zucchini

2 Cut Red Peppers

2 Cups Sliced Yellow Squash

2 Red Onions, Quartered

1 Large Head Fennel, Sliced

3 TB Balsamic Vinegar

2 TB Olive Oil

½ Tsp EACH, Dried: Basil, Oregano, Tarragon, Thyme, Parsley, Rosemary, Salt and Pepper

4 Garlic Cloves, Grated

\*Chopped Fresh Herbs for Garnish  
Preheat the oven to 425F. Toss the veggies, vinegar, oil, dried herbs, salt and pepper together in a baking dish. Cover and roast for 45 minutes or until tender and beginning to brown. Toss them with the fresh herbs and serve.

## 2 Kitchen Smidgen

\*Layers of flavor are created by using dried herbs when you roast the vegetables, and then toss them with the fresh herbs when they come out of the oven.

## 3 Get Creative

Make sure to use Kitchen Twine to tie up the chicken rolls. You can buy it in a home goods store - or at the hardware store! Just make sure it is 100% Cotton Twine.

## 4 WINE of the Week

Hahn Meritage

California Central Coast

Publix around \$15.00

Red Wine with Chicken? Yes! Meritage name used in California for a classic Bordeaux blend of Merlot, Cabernet Sauvignon, Petit Verdot, Malbec, and

Cabernet Franc. Deep dark red color with toasty oak, blackberry and spicy vanilla flavors make it a great pair for the herb roasted chicken and vegetables.