

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Slide out of the Kitchen for a Bowl of Rich, Creamy Noodles!

Super for Lunch the Next Day, Too: Thai Noodle Salad

- 1 Box Whole Wheat Spaghetti
- 1 Recipe *Thai Peanut Dressing
- 1 Bag Shredded Broccoli Cole-slaw Mix
- 1 Red Pepper, Thinly Julienned
- ½ Cup Thinly Sliced Red Onion
- 1 Cup Thinly Sliced Blanched Snow Peas
- ¼ Cup Chopped Cilantro
- ¼ Cup Toasted Sesame Seeds

Step One Cook the pasta as the box directs. Drain and rinse under cool water.

Step Two Toss the spaghetti with 2-3 TBs of the Dressing. Then add the coleslaw, red pepper,

red onion, snow peas and cilantro. Add additional dressing to taste and garnish with toasted sesame seeds.

- *Thai Peanut Dressing
- ½ Cup Smooth Natural Peanut Butter
- ½ Cup Extra Virgin Olive Oil
- 1/3 Cup Light Soy Sauce
- 1/3 Cup Rice Wine Vinegar
- 2 TB Fish Sauce
- 2 Sriracha or other Asian Chili Sauce
- 2 TB Dark Sesame Oil
- 1 Tsp Agave
- 1 Tsp Freshly Ground Black Pepper
- ½ Tsp Garlic Powder

Combine all the ingredients in a blender and puree until smooth.

2 Kitchen Smidgen

Whether you call it Thai Peanut Sauce, Satay Sauce or Sambal you are probably familiar with this thick rich peanut sauce with a kick. Many countries call it their own, among them many Asian countries, some European like Holland and a few Middle Eastern countries as well.

3 Get Creative

To toast the sesame seeds, just put them in a dry skillet over medium-high heat. Watch carefully, moving them around the surface until they begin to turn fragrant. Take them off the heat immediately - they will continue to cook in the hot pan..

4 WINE of the Week

Domaine Lucien Albrecht Gewurztraminer Reserve

Alsace, France

Total Wine about \$20

This 100% Gewurztraminer is from Alsace, it's original home. Unlike other French wines, Alsatian wines are named by the grape, not the area they are grown. The aroma is full of rich honey, flowers and tropical fruit - yet it is dry, creamy and spicy when you taste it. Perfect with any Asian inspired menu, it pairs perfectly with the spicy peanut sauce and noodles.