

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Taste the Ocean, Fresh Veggies and Creamy, Lighter Dressing!

Use Any Veggies You Like in:

Creamy Crab Remoulade Salad

1 Head Romaine Lettuce, Thinly Sliced
2 Roma Tomatoes, Thinly Sliced
½ English Cucumber, In Sticks
1 Avocado, Thinly Sliced
2 Large Carrots, In Sticks
8 Oz Lump Crabmeat
1 Recipe Remoulade Dressing
Arrange the ingredients on 4 large chilled plates and serve with a crunchy baguette.

Remoulade Dressing

1 Cup Light Olive Oil Mayo*
2 TB Creole or Spicy Mustard
2 TB Low Salt Ketchup
½ Cup Minced Green Onions

2 Minced Parsley
2 TB Minced Celery
2 Garlic Cloves, Grated
1 Tsp Horseradish
1 Tsp Sweet Paprika
1 Tsp Hot Sauce
Mix all the ingredients together and set aside for about 30 minutes to allow the flavors to meld.

2 Kitchen Smidgen

If you've traveled to the Gulf Coast of Louisiana, Alabama or Mississippi you have probably enjoyed Remoulade. Like me, you may think of it as a dressing for seafood, but in France where Remoulade was invented, they most often serve it as céleri

rémoulade, using slices of the knobby celeriac root and a more mustardy sauce. I love Remoulade and serve it as a dressing or dip for raw veggies, or as a spread on a grilled fish sandwich with avocado.

3 Get Creative

*If you haven't tried Kraft Light Olive Oil Mayonnaise, its time to check it out. I grew up eating Dukes Mayo and I still like the taste - but made with soybean oil it has Omega 6s in it. Heart Healthy Omega 3s are what we are need, so I have switched to Olive Oil mayo. And it tastes great, too!

4 WINE of the Week

Estancia Chardonnay

Central Coast California
Kroger about \$10

The soft creamy texture of this chardonnay is a good compliment to the rich creamy taste of the Remoulade Sauce. Fermented in both stainless steel for fresh, citrusy taste and oak for creaminess and tropical fruit flavors, this is a super wine for food pairing or a quaffer before dinner. Estancia sources these grapes from the slopes of the Gavilan Mountains.