

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Braising Brings Out the Flavors of all the Delicious Ingredients!

### Even Better the Next Day: Braised Chicken and Vegetables

1 Cup Whole Wheat Flour  
1 TB each Salt and Pepper, plus more to Taste  
8 Boneless Skinless Chicken Thighs  
3 TB Olive Oil  
1 Large Yellow Onion, Diced  
1 Large Red Pepper, Diced  
16 Oz. Crimini Mushrooms, Sliced  
4 Cloves Garlic, Grated or Minced  
2 TB \*Herbes de Provence  
¾ Cup Dry White Wine  
1 (28 Oz.) Can Chopped Tomatoes  
3 TB Chopped Fresh Oregano

**Step One** Preheat the oven to 350F. Place the flour, salt and pepper in a plastic zippy bag, add the chicken and shake to coat the pieces. Heat the oil over medium high in a large

ovenproof dutch oven. Add the chicken and brown the pieces, removing them when golden.

**Step Two** Add the onion and red pepper to the pot, and cook and stir until the onions are soft. Add the mushrooms and cook until the juices have evaporated. Add the garlic, herbes de provence, the white wine and tomatoes. Return the chicken to the pot, burying the pieces in the vegetable mixture.

**Step Three** Bring the dish to a full simmer, cover and place in the oven. Cook for 30 minutes or until the chicken is tender. Sprinkle with oregano and serve on top of:  
*Creamy Manchego Polenta*  
4 Cups each, Water and nonfat Milk  
2 Cups Quick Cooking Polenta

6 Oz. Manchego, Shredded  
Salt and Pepper to Taste  
Bring the water and milk to a boil on top of the stove and sprinkle the polenta into the liquid, whisking constantly. When the polenta begins to thicken, stir in the cheese. Remove from the heat and taste for salt and pepper.

### 2 Kitchen Smidgen

Crimini mushrooms, originally from Italy, are closely related to the common white mushroom. Large Criminis are called Portabellas.

### 3 Get Creative

\*Invented in the 1970s, Herbes de Provence is a combination of savory, basil, fennel, thyme and lavender along with other herbs. Great for grilling, it also adds a Mediterranean flair to stews and braises.

### 4 WINE of the Week

Borsao  
Northeast Spain

Cost Plus around \$8.00

This delicious wine, a blend of mostly garnacha, (grenache) shows just how delicious a light and fruity red can be. You'll enjoy the taste of bright red berries, with vanilla and a little touch of spice. At only \$8 a bottle, It's the perfect with a weeknight burger or a roasted chicken.