

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: You'll Be In & Out of the Kitchen Quickly with this Delicious Salad!

Great Use of Bagged Broccoli Salad: Crisp Citrus Shrimp Salad

¼ Cup Lemon Juice
¼ Cup Frozen Orange Juice
3 TB Low Sodium Soy Sauce
2 TB Honey
1 Clove Garlic, Grated
2 LBs Large Peeled Shrimp*
2 Cups Halved Grape Tomatoes
¼ Cup Chopped Cilantro
1 (15 OZ) Can Black Beans, Well Rinsed and Drained
4 Ears Fresh Corn, Kernels Cut from the Cob
2 Chopped, Roasted Red Peppers
1 Bag Broccoli Slaw
Zest of 1 Lemon & 1 Orange
2 TB Each Lemon & Orange Juice
2 - 4 TB Extra Virgin Olive Oil
½ Tsp Ground Cumin

½ Tsp Smoked Paprika
Sea Salt and Black Pepper to Taste
Chopped Cilantro for Garnish
Step One Combine the lemon juice, orange juice concentrate, soy sauce, honey, and garlic in zippy bag. Add the shrimp, seal bag, and toss shrimp in bag to coat well. Marinate for up to 1 hour.
Step Two In a large bowl, combine the tomatoes, cilantro, black beans, corn, peppers and slaw and toss.
Step Three Whisk the zests, juices, oil, cumin, paprika together in a small bowl, or shake in a jar. Taste for salt and pepper. Pour the dressing over tomato mixture and toss. Set aside while you grill the shrimp.
Step Four Remove the shrimp from bag and discard marinade. Place

the shrimp on a clean well-oiled grill or grill pan and grill 2-3 minutes or until shrimp are done. Let the shrimp cool slightly, then toss with the salad and garnish with chopped cilantro. *16-20 per LB shrimp.

2 Kitchen Smidgen

Did you know the terms used to describe shrimp size—small, medium, large—mean different things in different locales? A better way to buy shrimp is by the numbers. If the label says "20-28" that means there are 20 to 28 shrimp per pound.

3 Get Creative

There are hundreds of shrimp species available from striped to yellow to white, but all turn a beautiful pink when cooked. Next time you are in the market for shrimp, try a different kind – you may be surprised to learn you like it better.

4 WINE of the Week Avelada Vinho Verde

Portugal
Cost Plus World Market around \$10.00

There's no better summer delight than a chilled bottle of Vinho Verde and a shrimp salad. You'll enjoy its crisp and fruity taste along with an aroma of oranges, limes and peaches. Plus, it's low alcohol level allows enjoyment of this light wine without becoming lightheaded!