

# The Friday 4

4  
FRESH  
IDEAS  
YOU CAN  
USE IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: A Refreshing and Tart Change for Winter!

### Shake up Dinner by Serving a Fruit Salad:

#### Crisp and Crunchy Apple Salad

- ¼ Cup Low-Fat Mayonnaise
- ¼ Cup Nonfat Plain Yogurt
- 2 TB Orange Juice
- 2 TB Orange Zest
- ½ Tsp Garam Masala
- 1 Cup Grated Carrot
- ½ Cup Diced Celery
- 1 Red Apple, Cored, Diced
- 2 Green Apples, Cored, Diced
- 1 Cup Red Seedless Grapes, Halved
- 1/3 Cup Chopped Dates
- ¼ Cup Pine Nuts, Toasted

#### Step One

Mix mayonnaise, yogurt, orange juice, orange zest and Garam

Masala in a small bowl to blend. (You can prepare this dressing up to a day ahead of time)

**Step Two** In a bowl toss the grated carrot, diced celery, diced apples, halved grapes and chopped dates. Add dressing to salad and toss. Sprinkle salad with pine nuts and serve.

#### 2 Kitchen Smidgen

Ever cooked with yogurt and found that your sauce or dressing was watery? Try either draining the yogurt - place it in a coffee filter, inside a sieve over a bowl - or try using Greek yogurt. It's thick and delicious and will not "weep" like regularly processed yogurt. It is made by

straining the yogurt to remove the whey or liquid. It's widely available in your local grocery store.

#### 3 Get Creative

**To Make it Dinner:** Poke lots of holes with a fork in a 1 ½ LB Pork Tenderloin. Place in a zippy bag and add 1/3 Cup Orange Juice, 1 TB Garam Masala, 1 tsp Freshly Ground Black Pepper and ¼ Tsp Cayenne Pepper. Massage the bag to coat the meat. Marinate in the frig for at least an hour, (or overnight). Remove from the frig, pat dry and place in a 400F oven. Cook for about 30 minutes or until instant read thermometer is at 150F. Remove; let rest for at least 10 minutes. Slice and cut into strips. Place on top of the salad.

#### 4 WINE of the Week

Trimbach Gewurtraminer  
Alsace, France

Total Wine about \$19.00

If you are looking for a perfect match for the refreshing and tart Crunchy Apple Salad and Tenderloin, choose Gewurztraminer (Guh-vertz-trah-MEEN-er). Although having a German name, this "Gewurtz" is from the Alsace region in France. Trimbach is an internationally recognized vineyard that consistently produces wines with lovely aromas, good acidity and wonderful taste. This one is no exception!