

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Perfect Side for the Backyard Barbeque!

Cool and Crunchy:

Kale Coleslaw

The Salad

15-20 *Kale Leaves, (about one small bunch - de-stemmed)

1 Tsp Sea Salt

1 Large Tomato, Chopped Coarsely, (salt lightly and let drain in colander for a few minutes while shredding the carrots)

¼ Head of Napa Cabbage, Shredded

3 Carrots, Grated

Toasted Sesame Seeds for Garnish

The Dressing

2 TB Extra Virgin Olive Oil

1 TB Freshly Squeezed Lemon Juice

1/2 Tsp Low Salt Soy Sauce

1 Tsp *Agave Nectar or Honey

1 Clove Garlic, Grated

1 Tsp Dijon Mustard

Salt and Pepper to Taste

Step One To chiffonade the kale, stack the leaves and roll them into cylinders. Cut ¼ slices off the cylinders - resulting in thin ribbons of kale. Place the kale into a salad bowl and massage a Tsp of salt into the kale. Set aside while you make the dressing.

Step Two Add the dressing ingredients to a jar and shake well. TASTE for salt and pepper - or more lemon juice.

Step Three Add the tomato, cabbage and carrots to the bowl with the kale, toss with the dressing and garnish with the toasted sesame seeds.

2 Kitchen Smidgen

*Agave nectar is made from the Agave plant. (More popularly known for its nectar with a kick, Tequila.) It is sweeter than honey but has fewer calories. Since it's composed of mainly fructose, Agave nectar has a lower glycemic load. You can substitute Agave in almost any recipe. Since it is sweeter, use ½ to ¾ of the amount of honey or sugar called for in the recipe.

3 Get Creative

*Kale is a highly nutritious vegetable with powerful antioxidant properties - that tastes great. Try substituting kale for other green leafy vegetables for a healthy and delicious change.

4 WINE of the Week

Bogle Sauvignon Blanc

Monterey and Russian River Valley, California
Publix, Kroger about \$10.00

Wine Spectator featured the 2007 vintage of this orangy-lemoney-limey refresher as a best buy. After trying it, you'll know why. It doesn't have the acidity of a New Zealand kiwi, but its zingy green and citrusy flavors paired with a refreshing clean finish make it a great casual dinner partner