

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious Mexican Veggie Dinner!

Saturday Dinner This Weekend: Delicious Black Bean Tostadas

3 TB Canola Oil, divided
1 Cup Chopped Red Onions
3 TB Minced or Grated Garlic
2 (15 Oz) Cans Black Beans,
Drained and Rinsed
½ Tsp Ground Cumin
½ Tsp Smoked Paprika
½ Tsp Turmeric
½ Tsp Freshly Cracked Black Pepper
1 Cup Chopped Roasted Red Peppers
2 TB Extra Virgin Olive Oil, divided
Zest and Juice of One Lime
2 Cups Finely Shredded
Red Cabbage
4 Green Onions, Chopped
½ Cup Chopped Cilantro
10 Corn Tortillas

1 Cup *Cotija Mexican Cheese
¼ Cup Light Sour Cream
*Quick Fresh Salsa

Step One Cook the onions in a saute pan with 1 TB oil until soft and golden, then add the garlic, cook and stir for one minute. Add the beans to the onions and garlic, then add the cumin, paprika, turmeric and black pepper, Partially mash the beans, add the roasted peppers and set the mixture aside.

Step Two Mix the olive oil, lime juice and zest together in a bowl; add the shredded cabbage, green onions, and cilantro and toss to coat. Season the slaw to taste with salt and pepper.

Step Three Heat the remaining 2 TB

of canola oil in large nonstick saute pan over medium-high heat. When the oil is warm, add the tortillas in single layer, removing and adding as necessary. When crispy and brown, spoon some of the bean mixture onto each tortilla, top with cheese, light sour cream and **quick fresh tomato salsa**.

2 Kitchen Smidgen

Quick Fresh Tomato Salsa is made by combining 2 Chopped Ripe Red Tomatoes and 1 TB Lime Juice. Add Chipotle Tabasco to taste.

3 Get Creative

*Cotija Cheese is sometimes called "Mexican Parmesan", because it is also a hard grating cheese, salty and delicious. If you can't find it - crumbled feta is a good substitute.

4 WINE of the Week

Phebus Torrontes

Mendoza, Argentina
Total Wine about \$10

Torrontes is Argentina's answer to Chardonnay. Although a little more challenging to find - I think you will be happy to make this discovery! Phebus is pale gold with a distinct greenish tint, and luscious aromas of citrus, herbs and spices. Crisp, fresh fruit flavors make it a great pair with Mexican food, all for just \$10.