

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Cool and Crunchy Contrast To the Heavier Fare of The Season!

Full of "Good for You" Flavor:

Double Ginger Napa Slaw

2 TB Natural Almond Butter
1 TB Toasted Almond (or other toasted nut) Oil
1 TB Unseasoned Rice Vinegar
2 Tsp Light Soy Sauce
1 TB Maple Syrup
1 Garlic Clove, chopped
1 (½") Piece Fresh Ginger, chopped
½ Tsp Ground Ginger
½ of 1 Jalapeño, chopped
1 Large Napa Cabbage, shredded
4 Carrots, grated
1 Medium Jicama, grated
6 Radishes, grated
4 Green Onions, thinly sliced
Sea Salt and Freshly Ground Black Pepper

To create the dressing, purée the almond butter, oil, vinegar, soy sauce, maple syrup, garlic, gingers, and jalapeño in a food processor or blender. Place the Napa cabbage, carrots, jicama, radishes and green onions in a bowl. Toss the slaw with the dressing and season to taste with salt and pepper.

2 Kitchen Smidgen

Jicama is a sweet, root vegetable that looks like a brown turnip or radish, and it can be used as an alternative to the water chestnut. A favorite ingredient in Latin America, when used raw it tastes like a cross between a pear and an apple. Jicama contains a lots of vitamin C, is low in sodium, and has no fat. It's avail-

able year-round at the grocery store. Make sure to select jicama that is firm with unblemished skin.

3 Get Creative

Ginger is a powerhouse of antioxidants. Not only does it have a warming, delicious taste, this flavoring – whether fresh or dried has a potent anti-inflammatory effect as well. Try adding a sprinkle of dried ginger to the fresh fruit topping your cereal in the morning, or slice some fresh ginger into your cup of tea. Ginger is native to India and China and takes its name from the Sanskrit word *stringa-vera*, which means antlers. Did you know ginger has anatomy? A large piece of ginger is called a hand. It has both fingers and knuckles. To grate fresh ginger, use a spoon to easily scrape away the peel.

4 WINE of the Week

Chateau St. Jean Gewurztraminer
Sonoma County, California

Total Wine around \$15.00

Who says good Gewurztraminer is exclusive to France? Here's a light Gewurz that is perfect with flavor-filled and spicy foods like this crisp and crunchy slaw. You'll detect just a hint of sweetness along with floral, grapefruit and lychee aromas. A rich, clean, creamy orange and melon taste is followed by a refreshing long finish.