

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Creamy, Cheesy and Delicious as a Side or an Entree!

Whip it up and Serve it with a Green Salad - Dinner is Done:

Fall Spinach and Artichoke Gratin

3 Packages Chopped Spinach, Defrosted and Drained (Well!)

1 Pkg Frozen Artichoke Hearts, Defrosted and Chopped

1 TB Fresh Lemon Juice

3 TB Finely Chopped Yellow Onion

1 TB Olive Oil

1 (8 oz) Tub Light Soft Cream Cheese, Room Temperature

½ Cup Nonfat Greek Yogurt

1 Tsp Sea Salt

½ Tsp Black Pepper

Whole Wheat Panko Bread Crumbs (Japanese Breadcrumbs)

Non-stick Butter Spray

Step One Defrost the Frozen Spinach. Squeeze the Spinach in a clean

kitchen towel or paper towels to remove all the water. Set aside.

Step Two Toss the Artichoke Hearts with the Lemon Juice.

Step Three In a sauté pan over medium heat, cook the Onion in the oil until softened but not brown.

Step Four Whisk the Soft Cream Cheese and the yogurt together. Add the sautéed Yellow Onion, the drained Spinach and the Salt and Pepper.

Step Five Place the Artichokes in the bottom of an ovenproof casserole dish. Add the Chopped Spinach mixture on top. Sprinkle the Panko Breadcrumbs over the Spinach, and spray with non-stick butter spray. Bake in a 350F oven for 30 minutes or until warm and the crust is golden.

2 Kitchen Smidgen

I love making this casserole for a party or an occasion, because no matter who I serve - carnivores or vegetarians - everyone is happy! It's also a quick and easy side for your Thanksgiving feast. You can make the recipe the night before, and just slide it into the fridge. Let it sit out on the counter for about an hour before topping it with panko crumbs and the nonstick spray.

3 Get Creative

Frozen spinach and artichoke hearts are two foods that should be a staple in your freezer. Spinach is a great addition to almost any soup, salad or sauce, incorporating beautiful color, flavor and antioxidants. Frozen artichoke hearts are a much better texture than canned.

4 WINE of the Week

Columbia Crest Grand Estates Chardonnay
Columbia Valley, Washington
Cost Plus World Market About \$13.00

Light and crisp, this simple Chard is an easy drinker with enough acidity to balance its smooth flavors of pear, apple and caramel. The grapes are from Washington state's largest appellation - almost one-third the size of the whole state! Columbia Crest consistently makes delicious wine that affordable and easy to find, this one is no exception.