

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: A Little Bit of Effort Makes This Dinner have Star Quality!

### Worth the Rave Review:

#### Fish Tortas with Pickled Onion Jalapeño Salsa and Avocado

You'll also need a couple of ripe avocados to complete this recipe!

#### The Corn Muffins

1 Cup All Purpose flour  
1 Cup Whole Wheat Flour  
1 Cup Yellow Cornmeal  
1 1/2 Tsp Baking Soda  
1 Tsp baking powder  
1/2 Tsp Sea salt  
3/4 Cup Non Fat Greek Yogurt  
1/2 Light Buttermilk  
1/2 Cup Sugar  
4 TB Butter, melted and cooled  
4 TB Olive Oil  
1 Egg + 2 Egg Whites  
1/3 Cup Chopped Poblano Peppers  
3/4 Cup Corn

1 Cup Queso Fresco cheese, divided (Can't find Queso Fresco? Use Feta)

**Step One** Preheat oven to 400 degrees F. Grease a 12-cup muffin tin with cooking spray.

**Step Two** In a large bowl, whisk together yellow cornmeal, flours, baking powder, baking soda, and salt.

In a medium bowl, combine the yogurt, buttermilk, sugar, butter, oil, eggs and egg whites.

**Step Three** Gently fold the yogurt mixture into the flour mixture until just combined. Do not overmix. Stir in the peppers and corn along with 3/4 cup crumbled cheese.

**Step Four** Fill each muffin tin about 3/4 full. Sprinkle about 1 teaspoon of crumbled cheese over the top of each muffin. Bake until a toothpick

inserted in the center of the muffins comes clean, 15 to 18 minutes. Let cool and split the muffins in two. Layer the Salsa, Fish and top with Sliced Avocado. Hold the Tortas together with a toothpick and serve!

### 2 Kitchen Smidgen

#### The Salsa

1 Cup Thinly Sliced Red Onion  
1 Cup Lime Juice  
2 TB Jalapeno Chopped  
1 Tsp Sea Salt  
Stir together the ingredients and place in frig for at least 4 hours.

### 3 Get Creative

#### The Fish

4 Tilapia, Catfish or Other White Fish Filets  
1 Cup Orange Juice + Zest of 2 Oranges  
1 TB Cumin  
1 Tsp Turmeric  
Sea Salt and Freshly Cracked Black Pepper  
Marinate the Tilapia in the OJ, Orange Juice Cumin and Turmeric for up to 3 hours. Salt and Pepper, Roast in 350F oven about 15 minutes or until fish is opaque. Remove from the oven, let cool and flake.

## 4 WINE of the Week

The Crossings Sauvignon Blanc  
Marlborough, New Zealand  
Total Wine about \$12.00

Refreshing, Light, Crisp and Clean - this inexpensive Sauvignon Blanc from New Zealand is a perfect partner for a warm evening Mexican Fiesta.