

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm and Comforting for a Cold Winter Night!

Delicious and Different:

Flavorful Black Bean and Turkey Chili

1 LB Ground Turkey, Extra Lean
1 TB Olive Oil
1 Cup Onion, Coarsely Chopped
1 Red Pepper, Coarsely Chopped
2 Cloves Garlic, Minced
1 TB Chili Powder
1 ½ Tsp Ground Cumin
1 ½ Tsp Ground *Coriander
½ Tsp Dried Oregano
¼ Tsp Red Pepper Flakes
¼ Tsp Ground Cinnamon
1 Can (16 ounces) Rotel Tomatoes and Chilies, Undrained
1 Can (16 ounces) Black Beans, Rinsed and Well Drained
½ Cup Shredded Cheddar Cheese
¼ Cup Light Sour Cream

¼ Cup Chopped Fresh Cilantro

Step One Spray a skillet with non stick spray. Over medium-high heat, sauté the ground turkey until no longer pink. Remove from the skillet and set aside.

Step Two Add the olive oil to the pan and saute the onion and red pepper until wilted and soft. Add the garlic, and cook and stir for another minute. Then add the chili powder, cumin, coriander, oregano, red pepper flakes and cinnamon. Cook mixture until the spices get fragrant or about 2-3 minutes.

Step Three Stir in tomatoes, beans and cooked ground turkey and bring to a boil, reduce heat and simmer uncovered for 30 minutes.

Serve garnished with Cheddar cheese, sour cream and cilantro.

2 Kitchen Smidgen

Did you know that you don't have to pull the leaves off of Cilantro and Parsley, before chopping? They are soft and flavorful - some Asian recipes even call for just the stems or roots of Cilantro!

3 Get Creative

Although *Coriander the spice, and Cilantro the herb, come from the same plant, they taste very different. Coriander has a light lemony taste, while Cilantro tastes "soapy" or "grassy" to many people. If you are not a Cilantro fan, try substituting Parsley. Don't be afraid to try Coriander - it provides a unique taste to many ethnic dishes.

4 WINE of the Week

Carro Tinto 2006
Yecla (Murcia) Spain

Costco about \$10.00

Hearty chili full of flavor pairs beautifully with an inexpensive Spanish Red. Carro is made from a mix of grapes including Monastrell (mostly), Syrah, Tempranillo and just a bit of Merlot. You'll find this ruby red colored wine a "berry" nice medium light red. Make sure to chill it just slightly - about 60F to pull out all the aroma and bright flavors.