

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Juicy Red Tomatoes, Creamy Avocado and Whole Wheat Pasta!

Cool and Delicious Dinner or Side:

Summertime Picnic Pasta Salad

1 Cup *Whole Wheat Small Macaroni, Cooked as Package Directs
1 Can (15 oz) Black Beans Well Rinsed and Drained
4 Ears Fresh Corn, Cut From the Cob
1 Cup Chopped Tomatoes
½ Cup Sliced Green Onion
3 TB Extra Virgin Olive Oil
Zest of 1 Lime
¼ Cup Lime Juice
¼ Cup Julienned Basil
½ Cup Chopped Mint
½ Tsp Chili Powder
1 Grated Garlic Clove
Sea Salt and Freshly Cracked Black Pepper, to taste
Shredded Romaine and Spinach

Avocado Slices

Step One In large mixing bowl, mix pasta, beans, corn, tomato, onions, Toss to combine.

Step Two Whisk together the oil, zest, lime juice, basil, mint, chili and garlic together in a small bowl. Toss with the pasta mixture and taste for salt and pepper. Scoop the pasta salad on top of the shredded romaine and spinach, garnishing with avocado slices.

2 Kitchen Smidgen

*Did you know that pasta cooked al dente is actually better for you? The word "Al Dente" comes from Italian and means "to the tooth or to the bite". Pasta that is cooked this way

is midway between under-cooked, where pasta is still tough, and over-cooked, where it lacks any texture and begins to fall apart. Pasta that is prepared al dente has a lower "glycemic index" which means that it doesn't send your blood sugar skyrocketing. To make your pasta habit even healthier, try whole wheat or whole grain shapes. You'll get more powerhouse nutrients, plus a healthy serving of fiber!

3 Get Creative

Don't make the common (and hot) mistake of confusing chile powder with chili pepper. While chile pepper is pure chilies in ground form, chili powder is a mix of chile powder, cumin, garlic and other ingredients like paprika and oregano. There are 100s of chili powder blends out there - try several different brands to find your favorite.

4 WINE of the Week Spy Valley Sauvignon Blanc

Marlborough, New Zealand
Whole Foods around \$15.00

This salad calls for a full bodied sauvignon blanc with loads of tropical flavors to balance the chili and fresh herb flavors of the zippy dressing. Spy Valley, a real kiwi winner with many wine gurus, is full of lush tropical flavors with a crisp lime-tangerine finish.