

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: A Cool and Refreshing Salad for a Hot Summer Evening!

Perfect When Peaches are in Season: Grilled Salmon Salad with Peaches and Almonds

¼ Cup Extra Virgin Olive Oil
¼ Cup Balsamic Vinegar
2 TB Lime Juice
Zest of 1 Lime
2 TB Honey
1 Tsp Sea Salt
½ Tsp Pepper
4 Skinless Salmon Fillets
(4-6 oz)
½ Cup *Toasted Almonds, Chopped
3 Cups Mixed Greens
3 Cups Baby Spinach
2 Peaches, Peeled and Chopped
Step One Whisk the olive oil, balsamic vinegar, lime juice, zest, honey, salt and pepper in a bowl

until well blended. (Or shake the ingredients in a jar.) Baste each fillet with a Tsp of the vinaigrette. Grill salmon on oiled hot grill, (or grill pan), turning once during cooking, about 4-5 minutes or until desired doneness.

Step Two Toss the salad greens with some of the vinaigrette. Place the salad greens on 4 plates or in large flat bowls. Top with the peaches, warm salmon and almonds.

**To toast raw almonds, spread them out on a sheet tray. Slide them in a 350F oven for 8 minutes - set your timer! Check the nuts, if they are not done, set your timer for 2 more minutes. At 10 minutes, remove the nuts and set aside to cool.*

2 Kitchen Smidgen

Did you know that salmon fisheries in Alaska haul in more than 700 million pounds of the flavorful fish in a year? If you a wild salmon fan, you'll love the website <http://www.salmonnation.com> Not only is there lots of interesting information about this versatile fish, the recipes are delicious.

3 Get Creative

Peaches are in season! Top a scoop of frozen vanilla yogurt with these mouthwatering **Vanilla Poached Peaches**. To 2½ Cups Water add ½ Cup each Fresh Lemon Juice & Orange Juice, ¼ Cup Peach Brandy or Peach Nectar, ½ Cup Honey (or ¼ cup Agave Syrup) & 1 Vanilla Bean, split & seeds scraped out. Bring to a boil & add 4 Peaches & return to a boil. Reduce the heat & simmer for 20 minutes until peaches are tender. Remove the peaches. Boil the syrup for 20 minutes until reduced by half. Peel, pit & slice the peaches & serve with the syrup.

4 WINE of the Week Santa Ema Reserve Merlot

Maipe Valley, Chile
Cost Plus World Market, Total Wine
around \$12.00

Hello Merlot! This incredible Chilean value proves that red is perfect with salmon right off the grill. You'll find ripe dark cherries and plums in the aroma and a lovely full mouth feel accented with more of those cherries, plus juicy, jammy blue and black berries.