

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Chewy Cranberries, Yummy Quinoa and the Bright Taste of Oranges!

### Everyone Loves This Quinoa:

#### Harvest Quinoa

- 1 Cup Quinoa
- 2 Cups Water
- Zest and Juice of one Orange
- ½ Cup Extra Virgin Olive Oil
- 1 TB Thyme Leaves
- 4 Scallions, chopped
- ½ Cup Toasted Pecans, roughly chopped
- ½ Cup Dried Cranberries

#### Step One

Bring quinoa and water to a boil in a medium saucepan. Cover and lower heat. Cook for 10-12 minutes, until water is absorbed.

#### Step Two

Make the vinaigrette by whisking

together the orange zest, orange juice, olive oil and thyme leaves.

#### Step Three

Combine cooked quinoa, vinaigrette and remaining ingredients in a bowl. Add salt and pepper to your taste. Quinoa may be enjoyed warm, room temperature or cold.

### 2 Kitchen Smidgen

A wonderful side dish to serve with the slight sweet quinoa is:

#### Kale Ribbons

- 3 Heads Kale, Center Stems Removed and Leaves Sliced
- 2 TBs Olive Oil
- 2 Garlic Cloves, Minced
- Sea Salt and Freshly Cracked

#### Black Pepper

Heat the oil in a large sauté pan, add the kale and sauté for 2 – 3 minutes until the kale is pliable and soft. Add in the garlic and cook and stir for another minute. Salt and Pepper to taste.

### 3 Get Creative

This isn't the first time I've passed on a quinoa recipe - I love it! Not only is it an interesting grain, (actually it is a seed, but we use it as a grain), the Incas have been growing and harvesting it for centuries - we have just been eating it in the United States since the late 80s. If you or your family haven't tried quinoa yet, this is a great recipe to try. Fast to prepare, and easy to find, it's a great substitute for rice in any dish.

## 4 WINE of the Week

**Cambria Pinot Noir Julia's Vineyard  
Santa Maria Valley California**

**Total Wine about \$18.00**

Hailing from Santa Barbara County, California, this wine with aromas of raspberries and cherries and a smooth medium body make it very food friendly. In addition, the nutty toasted pecans in the dish match with the subtle earthiness in the wine. The Cambria winery is well known for its delicious Chardonnays, but this Pinot Noir proves they make delicious red wine, too!