

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Muffins for Breakfast, Lunch or the Big Thanksgiving Day Dinner!

Great for a Snack, Too:

Easy Herb Cornbread Muffins

¾ Cup All-Purpose Flour

½ Cup Whole Wheat Flour

¾ Cup Corn Meal
(Yellow or White)

¼ Cup Sugar

2 Tsp Baking Powder

½ Tsp Sea Salt

1 Cup Light Buttermilk
(or Nonfat Yogurt)

¼ Cup Canola or Oil

2 Egg Whites

2 TB Chopped Herbs

Step One

Preheat the oven to 400F. Combine the flours, corn meal, sugar, baking powder and salt together in a large bowl.

Step Two

In another bowl, stir in buttermilk, oil, egg whites, and herbs.

Step Three

Add the liquid ingredients to the dry ingredients - mixing just until dry ingredients are moistened. Pour batter into 12 or 24 non-stick sprayed muffin tin. Bake 12 -18 minutes or until golden brown.

Herb Honey Butter

¼ LB Unsalted Butter, Softened

1 TB Honey

1 TB Chopped Herbs

Sea Salt to Taste

Mash all three ingredients together in a bowl.

2 Kitchen Smidgen

What herbs to use in this recipe? You

choose! Almost any mix will make your cornbread and butter tastier and appealing. One of my favorite combos is mostly thyme with a little sage and rosemary.

3 Get Creative

Making your own "house" herb butter for a special occasion is a great way of using leftover herbs from a holiday dinner or a recipe. For more daily use, try making infused herb oils by adding some of your favorite herbs to a cup of extra virgin olive oil. Simmer the herbs for about 5 minutes. Let cool and use just as you would regular olive oil in a recipe or use as a dipper for a baguette. Make sure to refrigerate the herb oil it after you make it!

4 WINE of the Week

Erath Pinot Gris

Oregon

Kroger, Publix, Costco around \$14.00

An American wine for an American holiday, this Pinot Gris is made the same grape as the more familiar Pinot Grigio. Founder and Oregon wine pioneer, Dick Erath says this has got to be the most versatile, food-friendly wine on the planet. You'll find melon and citrus fruits in the aroma and lime and honey with crisp acidity on the taste. A perfect pair for a Saturday lunch of a toasted herb muffin sandwich with a slice of turkey, lettuce and a smatter of honey butter.