

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Just Right for a Weeknight: Fast, Easy and Flavorful Veggie Dinner!

### Or a Delicious, Savory Side:

#### Spiced Chickpea Curry

2 TB Olive Oil  
1 Tsp Turmeric  
1 Tsp Cumin  
½ Tsp Freshly Cracked Black Pepper  
1 Tsp Garam Masala  
¼ Tsp Cayenne Pepper  
1 Tsp Ground Coriander  
1 Red Onion, Chopped  
1 TB Grated Ginger  
4 Cloves Garlic, Grated  
1 Cup Water  
1 (14.5 oz) Can Fire Roasted Tomatoes  
2 Cans Chickpeas, Drained & Rinsed  
1 Tsp Sea Salt, Plus More to Taste  
1 Cup Light Coconut Milk  
To Garnish: Thinly Sliced Red Onions, Chopped Fresh Mint and Chopped Tomatoes

**Step One** Heat the oil in a large saucepan over medium-high heat. Add the spices and stir until fragrant. Add in the onion, and ginger, and cook until the onion is wilted. Stir in the garlic, the can of tomatoes, water, and chickpeas. Bring to a boil, reduce the heat to low, cover and simmer until chickpeas are soft, about 20 - 30 minutes. Taste and season with salt.

**Step Two** After the chickpeas are softened, use a potato masher and mash them a bit. Don't mash them all, just about a quarter of the chickpeas. Add the coconut milk and cook and stir for another 10 minutes or so - this will thicken the sauce. Serve, with Basmati Brown Rice and topped with garnishes.

### 2 Kitchen Smidgen

Basmati Brown Rice Pilaf is a perfect accompaniment to the delicious curry - and couldn't be easier. Cook the Basmati as the package directs. As soon as the rice is cooked, stir in a bag of defrosted frozen green peas and 2 TB chopped cilantro. Replace the lid on the rice. Let sit for 10 minutes and serve.

### 3 Get Creative

Loaded with the anti-oxidant Curcumin, Turmeric is not only a spice with beautiful color and flavor but super healthy. You can increase the bioavailability of the antioxidants by heating the turmeric with black pepper & olive oil. Try using turmeric in any recipe where you sauté aromatic veggies like onions and garlic - you will increase the good-for-you factor as well as the taste!

## 4 WINE of the Week

**D'Arenberg Viognier/Marsanne  
The Hermit Crab**  
Adelaide Hills, Australia  
Total Wine around \$12.00

Tannic wines taste bitter when paired with curries; they strip wine's fruit flavor, leaving it too astringent. This Viognier/Marsanne blend with the funny name is not tannic - and is a great pair with any curry or seafood. Made mostly with the Viognier grape, it is chock full of peach aromas & lots of citrus-melon taste.