

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: A Perfect Way to Enjoy the Holiday Leftovers!

### Turkey, Duck, Pork or Beef: Crisp and Crunchy Asian Salad

1 Bag Baby Greens  
1 Bag Baby Spinach  
4 Scallions, Thinly Sliced  
1 Can Water Chestnuts, Drained and Rinsed Well  
2 Cups Shredded Carrots  
1 Cup Thinly Sliced Snow Peas, Blanched  
½ Cup Sliced Toasted Almonds  
1 - 2 Cups Sliced Holiday Leftovers: Turkey, Duck, Pork or Beef, even Tofu  
1 Recipe *Asian Vinaigrette*  
Toasted Sesame Seeds for Garnish  
Toss the first 7 ingredients together in a large bowl, dress with vinaigrette and top with sesame seeds.

*Asian Vinaigrette*  
¼ Cup Rice Vinegar  
2 TBs Light Soy Sauce  
2 TBs Lime Juice  
Zest of 1 Lime  
1 TB Honey (or ½ TB Agave Syrup)  
1 TB Natural Peanut Butter  
1 Garlic Clove, Grated or Minced  
2 TB \*Dark (Roasted) Sesame Oil  
½ Cup Peanut Oil (\*Roasted Peanut Oil if Possible)  
¼ Cup Canola or Vegetable Oil  
Salt and Pepper to Taste  
Combine all the ingredients in a jar or bowl. Shake or whisk til well combined.

### 2 Kitchen Smidgen

**Water Chestnuts** are not nuts at all!

An aquatic vegetable that grows in marshes, it brings a crisp snappy crunch to Chinese food. Lately, fresh water chestnuts have been appearing in grocery stores, although they are most often found in a can. Expect to see fresh ones more often - traditionally grown in China, semi-tropical areas in California and Florida are now cultivating them. Water chestnuts are low in fat and full of fiber and vitamin B.

### 3 Get Creative

\*Just like toasted nuts, roasted nut oils add more than oil to a recipe - they add lots of concentrated flavor. Try substituting some or all of the oil in your salad dressing with a nut oil and discover how delicious your dressing can be..

### 4 WINE of the Week

Yalumba Y Series Viognier  
South Australia  
Kroger, Publix around \$12.00

Clear gold, bright and fruity, you'll find this Viognier, (vee-yohn-yay), is a good match for Far Eastern flavors. After enjoying stone fruits like apricot and peach on the nose, you'll find it tastes of tropical fruit balanced off with a good bit of acidity. Enjoy this affordable Aussie with any Asian-inspired meal.