

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Juicy Mangoes, Fat Red Tomatoes and Creamy Green Avocados!

### Topped with a Tangy Vinaigrette: Avocado and Mango Lime Salad

1 TB Lime Juice  
1 TB Lime Zest  
½ Tsp Dijon Mustard  
¼ Cup Toasted Nut Oil (Almond, Hazelnut, Walnut, etc.)  
1 Jalapeno\*, Seeds and Ribs Removed, Minced  
½ Cup Chopped Parsley  
Kosher or Sea Salt and Freshly Cracked Black Pepper  
2 Ripe Mangoes  
2 Roma\*\* Tomatoes  
2 Ripe Avocados  
2 TB Toasted Chopped Almonds  
Chopped Parsley for Garnish

**Step 1** To make the dressing, whisk the lime juice, zest, mustard and oil together in a medium sized bowl.

Add in the jalapeno and the parsley. Taste for salt and pepper and set aside.

**Step Two** Peel, pit and slice the mangoes. Toss them in the dressing and set aside for 30 minutes to 1 hour.

**Step Three** Chop the Roma tomatoes and place in a colander over a bowl. Salt lightly and allow to drain.

**Step Four** Peel, pit and slice the avocados. Fan them out on one side of a plate. Remove the mango from the dressing (reserve the dressing) and do the same on the other side of the plate. Place the tomatoes over the middle of the fruit, and drizzle the dressing over all. Garnish with the parsley and the almonds.

### 2 Kitchen Smidgen

\*Did you know you can buy jalapeños that are either green or red? The red jalapeños are just like red bell peppers that are riper and sweeter than green bell peppers. When using red jalapeños add 2 to the recipe to get the required heat and zippy flavor.

### 3 Get Creative

\*\*We're just starting to get the first beautiful summer tomatoes here in Georgia. But many places are still waiting. If you are looking for a reliable tomato until the good ones come in - try a Roma. It has less moisture and fewer seeds, and is a good substitute until you can score the really big red juicy orbs.

## 4 WINE of the Week

### Mulderbosch Cabernet Sauvignon Rose

Stellenbosch, South Africa  
Cost Plus Wine around \$11.00

For those of you who are still rose-phobic this is a perfect wine to make the switch! Mulderbosch, (from Stellenbosch) is bone dry with a beautiful pink color, aromas and tastes of strawberries, cherries and just a touch of minerality. Try serving it with fruit salad, Thai food or the 8/16/08 Friday Four Fresh Peach Chutney and Pork Tenderloin.