

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Add a Crunchy Green Salad and a Loaf of Crusty Bread - Dinner is Done!

Sure To Be a Family Fav:

Mediterranean Shrimp with Feta and Tomatoes

2 TB Olive Oil
1 Medium Red Onion, Sliced
1 Cup Dry White Wine
2 Cans Fire Roasted Tomatoes
1 Tsp Dried Oregano
Kosher or Sea Salt and Freshly Cracked Black Pepper
1 TB Chopped Parsley
2 TB Chopped Fresh Oregano
1 1/2 LB Large Shrimp, Peeled and Deveined
8 Oz Crumbled Feta or Shredded Mozzarella or Combination
Step One Preheat the oven to 350F. Heat the oil in a sauté pan and cook the onion over medium heat until

transparent. Add the wine and simmer for 5 minutes.

Step Two Add the tomatoes, oregano and a healthy sprinkle of salt and pepper, cook over medium heat for 20 - 30 minutes, or until the sauce thickens. Stir in the herbs.

Step Three. Place the shrimp in the bottom of an ovenproof casserole dish and top with the sauce. Sprinkle the cheese on top. Bake for 15 - 20 minutes or until the shrimp is just cooked through. Serve warm.

2 Kitchen Smidgen

When we think of Mediterranean food our minds typically jump to France, Italy, Spain and Greece - but did you know the food of the Mediterranean is from more than a dozen

countries? The Mediterranean diet is a healthy way to eat and it includes good-for-you foods like fruits, vegetables, beans, bread, pasta, rice, couscous, whole grains, nuts, extra virgin olive oil, fish, poultry and lean red meat, cheese and yogurt and moderate amounts of wine. Sounds delicious, doesn't it?

3 Get Creative

Who knew? Not only do onions add flavor and texture to food - they are also surprisingly high in flavonoids, which help onions be anti-inflammatory, anti-"bad" cholesterol, anti-cancer, and antioxidant. A few slivers of onion on top of a salad are tasty, but if you really want to experience the amazing power of onions try adding lots more of the tasty orbs to amp up the healthy benefits.

4 WINE of the Week

Boutari Santorini

Santorini, Greece
Total Wine around \$19.00

Boutari, the oldest producer of fine wine in Greece produces this lemony golden yellow wine from the beautiful island of Santorini. The grape used for this wine is Assyrtiko (a-SEER-tee-ko) whose vines are amazingly trained into basket shapes in order to combat the hot, dry and incredible windy growing conditions. Try this citrus-flowery charmer with shellfish like shrimp for a perfect pairing.