

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Make Over Your Old Summer Standby, with a Light, Delicious Recipe!

These VEGGIES Rock:

Personal Corn and Squash Souffles

4 Ears of Corn, kernels cut off the cob
2 TB Olive Oil
2 Banana or *Hungarian Wax Peppers, chopped
1 Red Pepper, Chopped
1 Yellow Onion Chopped
4 Cloves of Garlic, Grated
3-4 Yellow Squash about 1½ LBs, Chopped
2 Large Eggs
2 Large Egg Whites
½ Cup Non Fat Greek Yogurt
½ Cup Light Sour Cream
4 OZ Whipped Light Cream Cheese, room temperature
1 TB Fresh Thyme Leaves
Dash Nutmeg

1 Tsp Sea Salt
½ Tsp Freshly Ground Black Pepper
1 Cup Shredded Light Cheddar Cheese
Step One About an hour before you begin to cook, place the squash in a colander and lightly sprinkle with salt and let drain. Preheat the oven to 375F. Coat 8 ramekins with non-stick spray.

Step Two Heat the oil in a large saucepan over medium heat, and sauté the peppers and onion until wilted. Add the squash and corn and sauté for an additional 2-3 minutes. Add the garlic and sauté, stirring for an additional minute. Remove from the heat and set aside.
Step Three Whisk together the remaining ingredients in a large bowl.

Add the cooled veggies into the bowl. Spoon the mixture into the 8 prepared ramekins and place in 2 (9 x 12") dishes. Pour boiling water around the ramekins up to 1" on the sides of the dishes. Carefully place the dishes in the oven and bake for about 20 minutes or set.

2 Kitchen Smidgen

Who knew? When **Hungarian Wax Peppers** are ripe, they turn bright red. They are sold in the yellow or red stage or dried to make paprika.

3 Get Creative

No need to buy a special tool - the easiest way to cut corn off the cob is to upend a small bowl in the bottom of a large bowl. Stand the cob upright on top of the small bowl and using a serrated paring knife, cut the kernels off the cob. The large bowl catches all the corn without making a mess!

4 WINE of the Week

Kris Pinot Grigio

Fruili-Venezia Giulia, Italy
Cost Plus World Market about \$13

Here's an easy drinking white from Italy that's perfect for a light spring meal or an holiday barbecue. Inexpensive enough to serve for a crowd, you will discover an aroma of flowers and apricots and a clean taste of citrus and a touch of honey.