

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Bright Citrus Flavors Cheer Up Even the Gloomiest Winter Days!

Dill + Citrus = Delicious:

Orange Shrimp over Citrus Couscous

½ Cup White Wine
½ Cup Orange Juice
1 TB Grated Garlic
1 TB Chopped Dill
1 LB Large Shrimp, shelled and deveined
Salt and Black Pepper to Taste
2 Cups Whole Wheat Couscous
2 TBs Unsalted Butter
1 ½ Cups Grated Romano Cheese
Zest of 2 Oranges
2 TB Olive Oil
3 TB Chopped Red Onion
2 TB Grated Fresh Ginger
Zest and Juice from 1 Orange
2 TB Chopped Dill, plus more for garnish

Step One Place the wine, juice, garlic, dill and shrimp in a zippy bag, seal and set in the fridge for at least an hour – up to 4 hours.

Step Two Remove the shrimp from the fridge, discard the marinade and sprinkle with salt and pepper. Set aside while you prepare the couscous as the package directs. Add the butter, romano and zest to the cooked couscous and stir to combine. Cover and set aside.

Step Three Heat a large sauté pan over medium high heat and add the oil. When warm, add the onions and ginger and sauté for 2 minutes. Add the shrimp and sauté for an additional 3 - 4 minutes or until just pink. Remove from the heat and add in the zest, juice and dill.

Serve the couscous topped with the shrimp and garnished with more dill.

2 Kitchen Smidgen

If you have been segmenting, (cutting between each section), your oranges or grapefruits before serving them, Stop! The thin white membrane on the inside of the citrus is full of flavonoids – antioxidants that are compounds that protect cells against damaging effects. Just slice and serve for big flavor and lots of good health benefits.

3 Get Creative

Couscous can be made of barley, corn or semolina, but whole wheat couscous tastes nutty and toasty. Tiny grains of pasta make a quick and easy dish that acts like a sponge, soaking up any delicious flavors you add.

4 WINE of the Week

Zenato Pinot Grigio
Veneto, Italy

Total Wine around \$14.00

This Pinot Grigio is from Sergio and Carla Zenato, winemakers committed to making affordable wines with exceptional quality – and they succeed! Zesty and refreshing, Zenato Pinot Grigio is bright and clean tasting with aromas of citrus and tropical fruits.