

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Treat Friends and Family to Delicious Super Bowl Treats!

No one will suspect it's Better Eating:

Garam Masala Nuts

4 TB Sugar, Divided
1 TB Garam Masala
1 Tsp Cinnamon
½ Tsp Salt

1 Large Egg White

4 Cups Raw Nuts: Walnuts, Pecans, Almonds, Brazil Nuts

Step One Preheat your oven to 350F. Cover a sheet tray with aluminum foil or parchment. Lightly spray with non-stick spray.

Step Two Combine 3 TB of sugar, spices and salt together in a bowl. In a large bowl, whisk the egg white until frothy. Add in the nuts and stir. Add the spice mixture and toss to coat.

Step Three Spread the nut mixture out in one layer on the sheet pan.

Bake, stirring once, for about 15 minutes or until golden.

Step Four Remove the pan from the oven, stir the nuts to loosen them and sprinkle the remaining TB of sugar over the top.

Baby Potatoes with Honey Hummus

2 Cans (15 ½ oz) Garbanzo Beans, drained and rinsed

¼ Cup Honey

¼ Cup Lemon Juice

1 Tsp Ground Cumin

1 Tsp Grated Garlic

¼ Tsp Sea Salt

Pinch of Cayenne Pepper

3 TB Chopped Fresh Parsley

Combine all ingredients except parsley in a food processor. Puree until smooth. Stuff in *potatoes and garnish with parsley. *Boil 2 LB Small

Yukon Golds until just barely done – using a small spoon, scoop a spot for the hummus. Place the scooped potatoes in a preheated 350F oven, and bake for 5 minutes or until golden. Plop the honey hummus in the tops. Sprinkle with parsley.

2 Kitchen Smidgen

Crudités (kroo-dee-tay) is a French word for sliced or whole raw vegetables that are dipped in a sauce.

3 Get Creative

Remoulade with Crudités or Shrimp

Mix 1 Cup Light Mayo + 2 TB Creole Mustard + 2 TB Low Salt Ketchup + ½ Cup Minced Green Onions + 2 Tsp Minced Parsley + 2 TB Minced Dill Pickles + 2 Grated Garlic Cloves + 1 Tsp Horseradish + 1 Tsp Paprika + 1 Tsp Hot Sauce and set aside for about 30 minutes to allow the flavors to meld. Serve with fresh crunchy vegetables or large boiled shrimp.

4 WINE of the Week

Montes Malbec

Colchagua Valley, Chile

Cost Plus World Market about \$12.00

Six months of ageing in new and used American oak create a dark intense Malbec, full of delicious plum and blackberry flavors. A touch of spice on the finish rounds out this well balanced fruit forward red wine.