

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Delicious Out-of-the-Ordinary Side Salad for the Fourth Barbeque!

**Easy and Yummy for the Whole Family, Vegetarians and Carnivores, Too:**

### Fresh Herb Quinoa Salad with Summer Veggies

2 Cups Quinoa  
4 Cups Water  
½ Tsp Sea Salt  
2 Cups Chopped Yellow and Green Squash, Diced and Drained\*  
1 Recipe Basil Thyme Pesto\*\*  
1 Cup Chopped Tomatoes  
Lemons cut in wedges for garnish  
**Step One** To prepare the quinoa rinse it thoroughly in a fine mesh sieve under cold water. Put the quinoa, water, and salt in a stockpot. Bring to a boil, cover with a tight lid, and turn heat down to a simmer. Cook for 15-20 minutes until grains

are translucent and germ has spiraled out from each grain.

**Step Two** When the quinoa has finished cooking, add the chopped yellow and green squash and cover – set aside for 10 minutes. After it has rested, stir in the pesto, starting with half of it, adding more as desired.

Garnish with the chopped tomatoes and serve with a lemon wedge.

*\*When using vegetables with lots of liquid, like tomatoes, cucumbers or squash, chop the veggies and place them in a colander over a bowl. Salt lightly and let drain for at least 15 minutes before using them. Your finished dish will not turn out watery.*

### 2 Kitchen Smidgen

\*\*Basil Thyme Pesto  
1 Cup Basil Leaves

½ Cup Parsley Leaves  
2 TB Thyme Leaves  
½ Cup Chopped Toasted Almonds or Walnuts  
¼ Cup Extra Virgin Olive Oil  
½ Tsp Salt  
¼ Tsp Cayenne Pepper  
1 Garlic Clove

*In a food processor, blend the ingredients together until smooth.*

### 3 Get Creative

Not only is quinoa packed full of flavor, it is a complete protein - containing all nine essential amino acids required by the body as building blocks for muscles. Different colors are widely available at the grocery store - try using red quinoa in this salad and see if you can tell the difference in taste!

## 4 WINE of the Week

**Pigmentum Malbec Rose**  
Cahors, France  
Total Wine about \$10

Think Malbec only comes from Argentina? And the color is always deep red? Then you have to try this lovely light and fruity Malbec Rose from its original home in France. Not sweet, but a little floral with a good dose of crisp citrus and strawberries, it makes a perfect pair with any summer barbeque dinner!