

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Pair a Burger with a Colorful Potato Salad!

Crunchy and Full of Veggies:

Roasted Ancho Potato Salad

Ancho Dressing:

3 TB Orange Juice
2 Tsp Dijon Mustard
2 Tsp Ground Cumin
2 TB Orange Zest
1 TB Honey
1/2 Tsp Ancho Chile Powder*
1/3 Cup Extra Virgin Olive Oil
Kosher Salt and Black Pepper
In a jar, shake the orange juice, mustard, cumin, zest, honey, and chile powder together, add in the oil and taste for salt and pepper.

Roasted Potato Salad:

3 TB Dijon Mustard
2 TB Extra Virgin Olive Oil
1 TB Italian Seasoning*

2 Garlic Cloves, Minced
4 LB Red Potatoes, in Eighths
12 oz. Broccoli Spears, Lightly Steamed
3 Roasted Red Peppers, in Strips
4 Carrots, Shredded
3 oz. Calamata Olives, Chopped
1/8 Cup Cilantro, Chopped
1/8 Cup Parsley, Chopped
Kosher Salt and Black Pepper
Step One Preheat oven to 425F. In a bowl, whisk together mustard, oil, Italian seasoning, and garlic. Add potatoes and toss until coated.
Step Two Spread potatoes in one layer on sheet pan. Roast 20 min. Lower heat to 350F, roast, about 10 min. or until browned and cooked through. Cool.

Step Three In large bowl, toss potatoes, broccoli, peppers, carrots, olives, cilantro, and parsley with the dressing until well coated. Season with salt and pepper.

2 Kitchen Smidgen

*Ancho Chiles are a dried, reddish brown, heart shaped and wrinkled pepper with a wonderful sweet hot flavor. (Almost fruity flavor.) If they are fresh they are called poblanos. Try experimenting with different kinds of chile powders - your food will develop lots of new zip!

3 Get Creative

*Italian Seasoning is typically made from a combination of marjoram, oregano, basil, savory, thyme and rosemary. Make your own by combining your favorite Italian spices.

4 WINE of the Week

Guigal Cotes du Rhone

Rhone, France

Cost Plus about \$12.00

What's better with a grilled burger and potato salad than a juicy glass of red? This Cotes du Rhone is made by one of the most famous wineries in France. It's blend of Grenache, Syrah and Mourvedre that is packed with fruit and flavor. You'll taste lots of red berries and a little spice in this great grilling wine.