

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Salmon That's Quick and Easy and Full of Omega 3s!

Don't Wait to Try:

Roasted Salmon

with Lemon Capers Sauce

3 TB Capers, drained and rinsed
6 (4 OZ) Salmon Steaks
½ Cup Lemon Juice
4 Garlic Cloves, grated
Zest of 2 Lemons
¼ Cup Minced Parsley
1 Tsp Freshly Cracked Black Pepper
1 Red Onion, very thinly sliced
Lemon Slices and Minced Fresh Parsley for Garnish

Step One Preheat the oven to 350F.

Step Two Combine the capers, onion, lemon juice, zest, parsley, pepper and garlic. Spray a 9 x 12" glass casserole dish with non stick spray. Place the onion slices over the

salmon steaks. Pour the lemon caper sauce over the top of the salmon steaks and sprinkle over some parsley. Roast in the oven for about 20 minutes, or until the salmon steaks begin to flake from the flesh when tested with a fork. Remove from the oven and top with lemon slices and parsley. Serve with Brown Rice Pilaf!

2 Kitchen Smidgen

Shitake Brown Rice Pilaf

1 TB Olive Oil
1 Large Yellow Onion, Chopped
1 TB Turmeric
¼ Tsp Freshly Cracked Black Pepper
½ Tsp Sea Salt
1 Cup Long Grain Brown Rice (or Brown Basmati)
2 Cups Water

1 Cup Chopped, Sautéed Shitake Mushrooms
Freshly Chopped Oregano, Marjoram Rosemary or Thyme
In a saucepan, sauté the onion in the olive oil with the turmeric, pepper and salt. When wilted add the rice and water. Bring to a boil, cover and turn the heat down to low. Simmer for 30 - 45 minutes or until the rice is done. Remove the lid and fluff the rice with a fork, stir the mushrooms in and garnish with fresh herbs.

3 Get Creative

Don't feel bad about buying frozen salmon steaks! You can get wild salmon year round if you look for 4 oz. steaks in the freezer section.

4 WINE of the Week

Bogle Sauvignon Blanc

California
Kroger, Publix about \$10

Look for a little grassiness with an aroma of fresh citrus in this easy summer wine. Super as a quaffer before dinner and lovely with the delicious salmon and lemon sauce. Grill some pineapple sprinkled with a little brown sugar and enjoy it for dessert, too!