

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Perfect for a Side or Serve it as a Main Dish for Dinner!

### Delicious Dark Green Kale with Nutty-Tasting Sesame Dressing:

#### Sautéed Kale

#### with Asian Sesame Dressing

2 Bunches Kale, Stemmed and Shredded

1 TB Canola Oil

1 Cup Grated Carrot

Sesame Dressing\*

Sesame Seeds

Heat the oil in a large sauté pan and cook and stir the kale until wilted.

Add the carrot when the kale is almost done. Remove from the heat and toss with dressing until coated, Garnish with sesame seeds.

\*Sesame Dressing

1 TB Honey

1 TB Sake (or Mirin)

½ TB Tamari

1 Tsp Sesame Paste (Tahini)

2 - 4 TB Canola Oil

Whisk the honey, sake, Tamari, and tahini together. Add in the oil a TB at a time - to taste.

### 2 Kitchen Smidgen

Make it dinner by serving the delicious kale over yellow brown rice.

#### Yellow Brown Rice

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

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. (To ensure separate grains of rice, DON'T stir or lift the lid while cooking.) Simmer for about 35 minutes or until the rice is done. Remove the lid and fluff the rice with a fork.

### 3 Get Creative

You may have heard that Kale is good for you, but think kale is a bitter green, difficult to make tender and appetizing without long cooking. Try sautéing kale like in this recipe - because not only can kale taste great, but it is a really good source of Vitamin C, K, iron, calcium and carotenoids. Join myriad cuisines from Ireland to Asia and enjoy this power-packed green often!

## 4 WINE of the Week

### BIG HOUSE White

California

About \$10.00 at Kroger, Publix

You may have picked up this bottle at the store and smiled when you read the eye-catching label. More than 10 grape varieties are blended together to make this fun and appealing wine. Verdelho, Malvasia Bianca and Muscat Canelli are some of the grapes that create a crisp, clean citrus-ey white that has hints of yummy tropical fruit and good acidity. Here's an inexpensive white worth the super price!