

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Perfect for Breakfast on the Morning of the Big Game!

Scrambled Eggs and Bacon in a Whole New Way:

Southwestern Breakfast Tortas

2 TB Olive Oil

1/4 Cup Chopped Red Bell Pepper

1 Jalapeno Pepper, ribs removed, seeded and chopped

1/4 Cup Chopped Red Onion

6 Large Eggs

1 Tsp Sea Salt

1/2 Tsp Black Pepper

1/2 Cup Shredded Monterey Jack Cheese

6 Whole Wheat English Muffins, sprayed with non-stick butter spray and toasted

1 Avocado, Sliced

6 Slices Bacon* (Your choice of pork, turkey or veggie bacon.)

1/4 Cup Chopped Cilantro

Step One

Saute the red pepper, jalapeno, onion until wilted and golden. Add the eggs, salt and pepper and stir until the eggs are scrambled.

Step Two

While the eggs are still warm, sprinkle them with the cheese.

Step Three

Place the eggs on the bottom half of the 6 muffins. Divide the sliced avocado up and top the eggs. Cut each bacon slice in two and top the avocado. Sprinkle each muffin with cilantro and crown with the top of the muffin. Serve while warm.

2 Kitchen Smidgen

*Have you tried "faux" bacon? Morningstar Veggie Bacon is my favorite brand. I'm not sure it would be tasty plain, but crumbled or tucked inside a bun, it is a crunchy and crispy alternative to regular bacon. (We used veggie bacon in the picture above.)

3 Get Creative

Foods that are brighter colors typically are better for you - more antioxidants than duller colored foods. That's just one of the reasons I love red onions! They are firmer textured, so they won't get mushy no matter how long you cook them, and they add a brilliant pop of color to any dish. Plus, the deep color is an indicator of quercetin, a flavonoid being studied for its strong anti-inflammatory properties.

4 WINE of the Week

Quinta da Aveleda Vinho Verde Portugal

Total Wine about \$10.00

Crisp and clean, light and refreshing, this Portugese white is a great pair for the little zip from the peppers in the eggs. Alvarinho is the same grape used to make Albarino in Spain. With it's slight effevesence and low alcohol content it makes a super sipper with creamy or cheesy dishes at brunch.