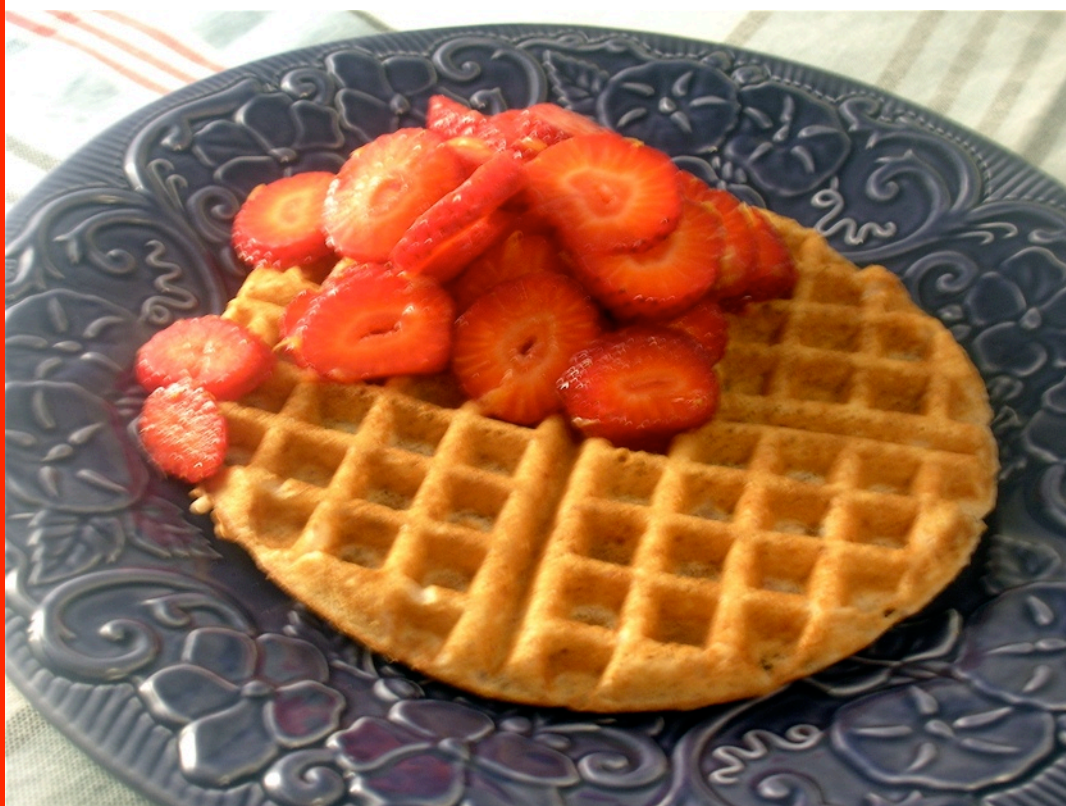


The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Serve Them Hot, or Warm Them Up from the Freezer!

Makes Nine 6 1/2" Waffles: Strawberry Almond Waffles

12-15 Whole Strawberries, Sliced
1/4 Cup Fresh Orange Juice
1 1/4 Cup All Purpose Flour
3/4 Cup Whole Wheat Flour
1 TB Baking Powder
1/2 Tsp Salt
1/2 Cup Toasted Finely Chopped Almonds
2 TB Fresh Orange Juice
1 TB Orange Zest
1 3/4 Cup Skim Milk
6 TB Canola or Vegetable Oil
2 Large Eggs
1/2 Cup Pureed Strawberries

Step One To prepare the topping, toss the sliced strawberries and the

1/4 cup orange juice together in a bowl - set aside.

Step Two Combine the flours, baking powder, salt in a bowl and **whisk well*. Add the chopped almonds.

Step Three In another bowl, stir together the 2 TB orange juice, zest, skim milk, oil, eggs and strawberries together.

Step Four Fold the wet ingredients into the dry ingredients. Let stand for 10 minutes.

Step Five Preheat your waffle iron. When hot, use a scant 1/2 cup batter for each waffle. Remove when golden brown and serve with the prepared strawberry topping.

2 Kitchen Smidgen

*When you are using baking powder in a recipe, make sure you incorporate it well with the other dry ingredients. This can be done by sifting the ingredients together or by whisking in the powder.

3 Get Creative

Citrus zest can add lots of flavor without adding additional liquid to your recipes. Here's how to figure out how many lemons, limes or oranges you need to zest for your recipe: Medium lemon or lime - 1 TB of zest, Medium orange - 2 TB of zest. Try using zest in other baked goods - it will give them a "citrus lift"

4 WINE of the Week

Greg Norman Sparkling Chardonnay/ Pinot Noir - Australia

Total Wine about \$16.00

Greg Norman can do more than play golf - here's his delicious Aussie from down under that's perfect for brunch. Medium bodied with a rich long finish, you'll smell a hint of strawberry and citrus in this sparkler, and taste peaches and apricots with just a bit of lemon. It's made with the traditional sparkling wine grapes, Chardonnay and Pinot Noir, and is a perfect foil for the fruity goodness of the strawberry waffles.