

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: It's that Strawberry Time of the Year - Take Dad to Pick Berries This Weekend

**Perfect Salad for Dad's Special Day
- Quick, Easy and Delicious!**

Strawberry Avocado Salad with Honey Lime Vinaigrette

- 1 Bag Baby Spinach
- 3 Cups Sliced Hulled Strawberries
- 2 Large Haas Avocados Peeled, Pitted and Chopped
- ¼ Rice Vinegar
- ¼ Cup Lime Juice
- 1 TB Honey
- 2 Tsp Dijon Mustard
- 1/3 Cup Canola Oil
- Sea Salt and Freshly Cracked Black Pepper

2 TB Toasted Sesame Seeds
Wash and dry the spinach well. Place in the bottom of a salad bowl and top with the strawberries and avocado. In a jar, shake together the vinegar, lime juice, honey, mustard and canola oil. Season to taste with salt and pepper. Drizzle over the salad and top with sesame seeds.

2 Kitchen Smidgen

The easiest way to toast sesame seeds is in a dry sauté pan over medium high heat. Stir often and don't leave the pan alone

– sesame seeds go from raw to toasted in minutes!

3 Get Creative

Did you know that avocados are actually a large berry containing a seed? And, there are about 500 species of avocados? We usually see a couple in the grocery store, the rough textured Haas and Florida avocados like the large green Booth. If you want to know more about avocados – a great source for information and recipes is the [California Avocado Association](http://CaliforniaAvocadoAssociation.com) website.

4 WINE of the Week

Sauvion Vouvray

Loire Valley France
Total Wine about \$13

A Vouvray is the perfect pairing for the clean and sweet taste of this strawberry salad. Vouvray is made with the Chenin Blanc grape, producing a wine with a light, fruity taste, not too sweet with a smooth finish. You'll enjoy honey and floral notes in the aroma and the same flavors of this wine along with pear, orange and crisp acidity.