

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Offer this Incredibly Flavorful Salad to the Fans for Super Bowl!

### Watch It Disappear:

#### Sundried Tomato Caesar Salad

1 LB Grape Tomatoes, Quartered  
1 Cup Kalamata Olives, Pitted and Sliced

1 LB Fresh Mozzarella, Chopped  
6 Sun Dried Tomatoes, Chopped  
2 Roasted Red Peppers, Chopped  
1 Bag Baby Romaine, Coarsely Chopped

1 Bag Baby Spinach

1 Recipe Sun-Dried Tomato

Vinaigrette (recipe below)

Toasted Pine Nuts (Optional)

Toss all the ingredients together in a large salad bowl and dress with the Sun-Dried Tomato Vinaigrette. Garnish with toasted pine nuts if desired and top with Garlic Grilled Shrimp.

Sun-dried Tomato Vinaigrette

6 Sun Dried Tomatoes

1 Pkg Fresh Basil, Leaves Only

1 Cup Freshly Grated Parmesan  
or Pecorino Romano

3 TB Red Wine Vinegar

1/4 - 1/2 Cup Extra Virgin Olive Oil

2 Tsp Sea Salt, plus more to taste

1 Tsp Freshly Cracked Black Pepper,  
plus more to taste

Combine the sun-dried tomatoes, vinegar, olive oil, garlic, salt and pepper in a blender until smooth.

Garlic Grilled Shrimp

1 LB Large Shrimp, Peeled and Deveined

2 TB Olive Oil

1 TB Grated Fresh Garlic

1 Tsp Italian Seasoning

1/2 Tsp Red Pepper Flakes

In a large bowl, toss the shrimp

with the oil, garlic, seasoning and red pepper flakes. Set aside for 30 minutes while you make the salad. Grill outside, on the stove-top on a grillpan or under the broiler until just pink.

### 2 Kitchen Smidgen

Sun-dried tomatoes are simply tomatoes that are dried in the sun to remove moisture. Rich with flavor, they are a great source of lycopene and vitamin C it takes about 5 Lbs of tomatoes to make a single pound of sun-dried.

### 3 Get Creative

Buying cheese that is pre-grated is a recipe for a dried-out-rubbery dish! Even if you want the convenience of grated cheese, buy the piece and grate it yourself. Package it in an airtight container and keep in the fridge for use during the week - the taste and texture will be MUCH better.

### 4 WINE of the Week

#### Cantina Zaccagnini Pinot Grigio

Abruzzo, Italy

World Market about \$15.00

Sometimes an interesting bottle IS the reason to buy it! (You'll have to buy the bottle to see what I mean:)

Here's the perfect wine to share

with this hearty and satisfying salad. Try it and you'll discover lemon and tropical fruit in the aroma and a crisp clean taste with a lovely mouthfeel and finish.