

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: When the Sun Goes Down it's Time for Dessert!

Use the Ripest Fruit You Can Find: Fresh Fig and Peach Almond Crumble

6 TB Unsalted Butter

1/3 Cup Dark Brown Sugar + 2 TB

1 1/4 Cup Whole Wheat Pastry Flour

6 TB Very Finely Chopped Toasted Almonds

1 LB Ripe *Peaches, Peeled and Cut into 1/2" Pieces

1 1/2 LB Ripe Figs, Cut into 1/2" Pieces

Zest and Juice of 1 Large Lime

1/2 Tsp Cinnamon

Vanilla Frozen Yogurt for Serving

Step One Spray a 9 x 12" casserole dish with nonstick spray. Preheat your oven to 350F.

Step Two Combine the butter & 1/3 cup brown sugar in a mixer. Beat until smooth. Add 1 cup of the flour

and the almonds and beat until just combined - it should be crumbly.

Step Three Place the peaches and figs in a bowl and toss with the zest and juice of the lime. Stir in the remaining 1/4 cup flour, 2 TB brown sugar and the cinnamon.

Step Four Place the peaches and figs mixture in the bottom of the prepared dish. Sprinkle the flour and almond mixture on top and bake for 30 - 40 minutes or until brown and bubbly. Serve warm topped with the vanilla frozen yogurt. **No Peaches? Substitute any other Ripe Summer Fruit*

2 Kitchen Smidgen

Who knew? Although commonly referred to as a fruit, the fig fruit is actually the flower of the tree. An-

other good fig fact is that that figs were one of the first plants cultivated. Fossilized figs have been found dating to about 9200 BC. And no wonder our ancestors loved figs - they are one of the highest plant sources of calcium and fiber. No matter how you eat them, in season or dried, they are fantastic!

3 Get Creative

One of the fastest ways to enjoy sweet ripe figs is to take off the stems and cut a deep cross in the top of each fig, put about 1 TB of creamy blue cheese (or whipped cream cheese) in each fig. Pack them closely together in a glass pie plate. Drizzle them with honey and place them in a 425F oven until the cheese melts and the honey is warm. Enjoy them "melty and oozy" right out of the oven

4 WINE of the Week

NV Fonseca Vintage Character Port Bin 27

Portugal

Total Wine, Kroger around \$16.00

This wine is deep dark and sweet with aromas of chocolate, candied fruit and cherries. It's dessert in a glass that perfectly complements the juicy rich flavors of the figs and peaches. If you've never enjoyed a glass of port after dinner this is a super introduction to the fortified wines of Portugal.