

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Creamy Guacamole and Flavorful Zingy Peppers!

Everyone's Favorites in a Flash:

Roasted Poblanos and Cheese

1/2 Cup Fresh Salsa OR
1/2 Cup Light Sour Cream
Kosher or Sea Salt
8 Roasted Poblano Peppers*
2 Cups Grated Light Jalepeno
Cheddar Cheese

Step One Prepare an oven proof casserole with non stick spray. Spread the bottom of the dish with either the salsa or the sour cream. If you are using the sour cream, lightly salt it.

Step Two Place the poblanos on top of the salsa or sour cream and top with the cheese. Bake in a 350F oven for 20 - 30 minutes or until the cheese is melted.

* To roast the poblanos, heat the

grill or a grill pan on high. Grill for 3 - 5 minutes per side or until blackened. Place in a zippy bag until cool enough to handle. Remove stems, seeds and skin and tear into strips.

Best Ever Guacamole

4 Ripe Haas Avocados
1/4 Cup Finely Chopped, (Peeled and Seeded) Tomatoes,
1 TB Minced Red Onion
1 Finely Chopped Jalepeno
1/4 Cup Chopped Cilantro
Kosher or Sea Salt to Taste
1 Cup Grated Light Cheddar Cheese

Step One Halve, peel and pit the avocados and mash with the tomatoes, onion, jalepeno and cilantro. Salt to taste and spread on a large platter. Sprinkle with the cheese.

2 Kitchen Smidgen

Poblano is the name for a resident of Pueblo, Mexico AND a Pepper. Enjoy Chile Rellenos? You've probably eaten Poblanos. They have a delicious mild taste and a shiny dark green color. Because of their waxy exterior, they are most often used roasted and peeled. When dried, poblanos are called anchos.

3 Get Creative

Corn Tortillas and Chips are the perfect partner for this dinner. The easiest way to warm them is to carefully separate each one in the stack. Place the stack in a barely damp kitchen towel and microwave for about 30 seconds. Or, if they are super fresh, you can roll each one in parchment, sprinkle a little water on them and microwave them in a ceramic dish.

4 WINE of the Week

Villa Maria Riesling

New Zealand
Total Wine about \$12.00

Rich, creamy guacamole and cheese topped peppers call for a light, crisp and easy drinking sip. This Riesling from the much-lauded New Zealand winery, Villa Maria, will not disappoint. You'll smell lemon and lime aromas and savor fresh lime and other citrus fruit flavors.