

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: WOO HOO it's Tomato Time!

### Two Delicious Tomato Recipes: Baby Greens and Tomatoes with RANCH DRESSING

1 Head Garlic  
1 TB Extra Virgin Olive Oil  
3/4 Cup Light Buttermilk  
1/4 Cup Light Olive Oil Mayo  
1/4 Cup Chopped Parsley  
2 TB Chopped Chives

Sea Salt and Black Pepper

**Step One** Cut 1/2-inch off the top of the head of garlic. Place garlic in an ovenproof baking dish, drizzle with olive oil. Bake until soft, at 350F for about 1 hour – or until soft. Set aside to cool.

**Step Two** Working over a small bowl, squeeze the garlic out of the head of garlic. Using a food proc-

essor, combine the garlic, buttermilk, mayo, parsley and chives, season with salt and pepper.

### Tomato and Avocado Skewers with Honey Drizzle

1/4 Cup Lime Juice, Plus the Zest of 1 Lime

3 TB Honey

2 TB Canola Oil

Sea Salt and Freshly-ground Black Pepper to taste

1 Pint Grape or Cherry Tomatoes

2 Avocados, Peeled, Pitted and Coarsely Chopped

1/4 Cup Chopped Fresh Cilantro

2 TB Chopped Fresh Mint

Whisk together the juice, honey and canola oil in a small bowl.

Season to taste with Salt and

Pepper. Load the tomatoes and avocados on bamboo skewers and drizzle with the dressing. Sprinkle with cilantro and mint.

### 2 Kitchen Smidgen

If you like a spicy kick to your Ranch Dressing, try adding a Chipotle Chile to the processor when you puree your dressing!

### 3 Get Creative

Did you know that more than 7500 tomato varieties are grown for various culinary purposes – from juice, to ketchup to soup and much more? Another factoid about tomatoes that's not well known: they should NEVER be stored in the fridge - they lose flavor!

## 4 WINE of the Week

**Domane Wachau Gruner Veltliner**  
Austria  
Kroger about \$16.00

The bright taste and acidity of tomatoes calls for a wine with the same characteristics - and Austria's own grape variety, Gruner Veltliner fits that description perfectly. The refreshing acidity of this aromatic white balances perfectly with veggie dishes and salads made with tomatoes.