

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious Dinner Tonight, Light Lunch Tomorrow...

The Rest in the Freezer for Later:

Three Cheese Pasta with Broccoli

1 LB Box Whole Wheat Penne
1 8 Oz Bag Broccoli Florets
¼ Cup Whole Wheat Flour
3 Cups Skim Milk
8 Oz Shredded Fontina Cheese
2 OZ Light Cream Cheese
¼ Cup Grated Parmesan Cheese
1 Tsp Kosher or Sea Salt
½ Tsp Freshly Ground Black Pepper
¼ Tsp *Cayenne Pepper
Butter Flavored Non Stick Spray
½ Cup Whole Wheat *Panko Bread
Crumbs
½ Cup Grated Parmesan Cheese

Step One Cook the pasta according to package directions, drain and return to the pot to keep warm. Steam or microwave the broccoli

until just crisp-tender, add to the pasta in the pot.

Step Two Preheat the oven to 350F. Combine the flour and milk in a large saucepan over medium heat. Cook 10 minutes or until it begins to thicken, stirring constantly. Remove from the heat and add the cheeses, stirring until smooth. Add the salt, pepper, cayenne, cooked pasta and broccoli, stirring well. Spoon pasta mixture into an oval or rectangular baking dish that has been coated with non-stick spray.

Step Three Sprinkle the panko and the parmesan over the top of the casserole, then spray with the butter flavored spray. Place in the oven and cook for 25 – 30 minutes or until brown and bubbly.

2 Kitchen Smidgen

*"Panko" may sound exotic, but they are just the Japanese version of breadcrumbs. Typically made without the crusts, they are crispier and crunchier than regular breadcrumbs. Ian's is my favorite brand, because it is sold in a whole wheat version.

3 Get Creative

*Cayenne pepper takes its name from its place of origin - the Cayenne region of French Guiana. It may seem unusual to add chili pepper to a cheese and pasta dish, but by adding just a little, it brings out the flavors of the mild cheese and makes it "cheesier". Try adding a pinch to your favorite cheese dish, and see if it doesn't make it taste even better!

4 WINE of the Week

Cape Mentelle Sauvignon Blanc/Semillon
Margaret River, Western Australia

Total Wine - around \$16.00

Are you familiar with Semillon? The Semillon grape hails from France where it can be found in Bordeaux wines from Sauternes to Graves. This wine is a blend of smooth Semillon with tart Sauvignon Blanc, making it the perfect partner to accompany the rich and creamy pasta. You'll find it a beautiful light straw color and smell and taste tart citrus with very dry acidity.