

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



A  
TWIST  
ON  
THE  
TRADITIONAL

## 1 Quick Recipe: Make Ahead Sides are a Big Hit at the Picnic or BBQ!

### Delicious and Different:

#### Napa Slaw with Cilantro Dressing

1/3 Cup Rice Vinegar  
1 Tsp Agave Syrup  
2 Tsp Grated Ginger  
3 TB Canola  
1 - 2 Jalapeños, Finely Chopped  
1/2 Tsp Salt & Pepper + more to taste  
1 Small Head Napa Cabbage (1 1/2 lbs), cored and shredded  
3 Carrots Shredded  
8 Green Onions, Thinly sliced  
1/2 Cup Chopped Cilantro  
Whisk together vinegar, agave, ginger, oil, chiles, salt and pepper. Add remaining ingredients and toss well. Let stand 10 minutes before serving.

#### Black Baked Beans

1 TB Olive Oil

1 TB Turmeric  
1 Tsp Each Salt and Pepper  
1/4 LB Turkey Bacon, Chopped  
1 Cup Diced Red Onion  
2 Medium Carrots, Grated  
2 Garlic Cloves, Grated  
2 Jalapeños, Seeded and Chopped  
1 Cup Light Chicken or Veg Broth  
1/4 Cup Light Brown Sugar  
1/4 Cup Light Ketchup  
3 TB Molasses  
1 TB Dijon Mustard  
1 TB Apple Cider Vinegar  
2 (15-oz) Cans Black Beans, Drained and Well-rinsed  
1/4 Cup Chopped Cilantro

**Step One** Preheat oven to 400F.

Heat the oil in a large skillet over medium-high. Add the next 7 ingre-

dients and saute about 10 minutes, or until the vegetables soften. Reduce the heat to low and add the broth, brown sugar, molasses, mustard, ketchup, cider vinegar. Stir until combined and add the beans. **Step Two** Spoon into a 9 x12" casserole dish. Bake, uncovered, 45 minutes, until the beans are hot and crusty. Garnish with cilantro.

### 2 Kitchen Smidgen

When you buy turkey bacon, make sure to buy at least 65% lean. Otherwise you are getting just about the same fat and calories as regular bacon.

### 3 Get Creative

Tumeric's active ingredient, Curcumin, has anti-inflammatory properties. Cook with this delicious yellow spice to add a dose of antioxidants to any dish.

## 4 WINE of the Week

### Huber HUGO Gruner Veltliner

Austria

Trader Joes around \$12.00

This white wine from Austria is named and made with the same grape - Gruner Veltliner. (GROO-ner FELT-lih-ner) A light citrus aroma compliments the taste of lemon, vanilla and tropical fruit flavors well, resulting in a refreshing spring sipper. Great for a backyard BBQ or just by the glass!