

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm and Delicious - Perfect for a Fall Evening!

Incredibly Easy AND Flavorful:

Veggie Lentil Soup

2 Cups Veggie Broth
1 (15 ½ OZ) Can Fire Roasted Tomatoes
1 Zucchini, Chopped
1 Yellow Squash, Chopped
1 Red Pepper, Roasted and Chopped
½ Cup Freshly Grated Carrots
½ Cup Chopped Yellow Onion
½ Cup Brown Lentils
½ Tsp Sea Salt
¼ Tsp Freshly Cracked Black Pepper
1 Tsp Turmeric
Chopped Fresh Herbs for Garnish
¼ Cup Nonfat Greek Yogurt
½ Cup Shredded Pecorino Romano Cheese
Step One
Combine the broth thru the pepper

in a slow cooker, cook on low for eight - ten hours or high for four hours.

Step Two

Ladle into bowls, top with yogurt, herbs and cheese.

***No Crock-pot? No Worries.

Simply but the ingredients - broth through pepper in a large stockpot over medium high heat on your cooktop. Bring to a simmer and turn the heat to low. Cook about 30 minutes and soup is done!

2 Kitchen Smidgen

Whether it's soup, salad or baked goods, lentils are delicious additions to any meal. Not only do they taste good, but they cook quickly too! Unlike other beans, lentils don't require pre-soaking before cooking.

Only 15 to 30 minutes on a simmer make them creamy and soft. The bonus is that they are high in protein and fiber and low in fat.

The three different types of lentils are used in different cuisines the world over. Brown are the easiest to find and inexpensive. Lots of Asian and Indian foods use orange and black lentils. Choose whatever lentil is your favorite - they're all good for you!

3 Get Creative

Believe or not zucchini, yellow squash and pumpkin are part of the same family. Did you know that all the parts of a squash can be used? Not only can we eat them steamed, grilled and roasted - we can enjoy the seeds, the flowers, and even oil made from squash.

4 WINE of the Week

Louis Latour Beaujolais Village Chameroy

Beaujolais, France

Total Wine About \$13.00

Here's a light red, a perfect pairing for a light veggie soup served with a whole grain baguette and a log of goat cheese. Beaujolais is made from the gamay grape - full of red berry aromas and tastes displays a good balance between crisp acidity and luscious fruit.