

The Friday 4

4
HEALTHY
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Ribs and Fresh Vegetable Salad Right off the Grill!

Try this Easy Twist on Traditional Baby Back Ribs...

South of the Border Ribs

2 Garlic Cloves, Chopped
2 TB Kosher Salt
2 TB Ground Cumin
2 Tsp Red Pepper Flakes
2 Tsp Dried Oregano
1 Tsp Black Pepper
1/2 Cup Honey
1/4 Cup Sherry Vinegar
1/3 Cup Olive Oil
2 LB Baby Back Ribs, Sliced into Individual Ribs

Step One Combine the first 9 ingredients in a zippy bag. Add the Ribs and refrigerate for at least 4 hours or overnight.

Step Two Put the Ribs and the marinade in a large ovenproof dish. Place in a 350F oven for 30 minutes.

Step Three Remove the Ribs from the marinade. On a preheated grill, cook the

Ribs for 1 minute on each side. Be careful - the ribs burn quickly! Serve with:

Grilled Vegetable Salad

2 Ears of Corn, Shucked
1 Red Onion, Sliced
2 Red Bell Peppers, Halved and Seeded
1 Cup Grape Tomatoes, Quartered
4 TB Chopped Cilantro
1 Avocado, Chopped
1 Tsp Honey
1 TB Olive Oil
Juice of a Lime
2 Garlic Cloves, Finely Chopped
Salt and Pepper to Taste

Step One On a Preheated Grill, cook the Corn and Onion until lightly charred. Remove from the heat, cut the Corn off the cob, coarsely chop the Onion. Grill the Peppers* and chop. Place the grilled vegetables in a bowl and add the Tomatoes, Cilantro and Avocado.

Step Two Whisk the Honey, Olive Oil and Lime Juice together. Add the Garlic.

Stir into the Vegetables and add Salt and Pepper to taste.

2 Kitchen Smidgen

Cumin is a spice used in Mexican, Indian and Middle Eastern cuisines. With a nutty, smoky flavor, it complements other spices like oregano or coriander. Cumin is a seed that is often used in it's ground form.

3 Get Creative

*Grilling Peppers is so easy. Cut the Peppers in half and remove the seeds. Place on a medium hot grill until the outside of the peppers are black. Remove from the grill, add to a zippy bag and let cool until you can easily slide off the skin. Great in salads, any recipe that calls for peppers, and on top crusty bread with a little olive oil.

4 WINE of the Week

7 Deadly Zins Zinfandel

Lodi, California 2006

About \$14.00 at Total Wine

Who doesn't like the fun name of this wine? 7 Deadly Zins is a perfect pairing for the South of the Border Ribs - or any grilled meat. Made from Zinfandel grapes from 7 different growers, it has a spicy raspberry jam aroma, and tastes of dried cherries, blackberries, cocoa and cedar - making it a great BBQ wine!