

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Bring the Flavors of the Mediterranean Home Tonight!

Use the Garden's Best in this Quick and Delicious Recipe...

### Summer Mediterranean Pasta

2 Lbs Zucchini or Summer Squash, Halved and Sliced into 1/2" Pieces  
1 TB Kosher Salt  
3 TB Extra Virgin Olive Oil  
1 Cup Finely Chopped Onion  
2 Garlic Cloves, Chopped  
Zest and Juice of a Lemon  
2 Cups Quartered Grape Tomatoes  
1/4 Cup Chopped Mint Leaves  
1 TB Red Wine Vinegar  
1/2 Cup Chopped Calamata Olives  
1/2 Cup Crumbled Feta Cheese  
Chopped Mint and Oregano to Garnish

1 Pkg Whole Wheat Pasta cooked and drained per box directions  
Kosher Salt and Fresh Black Pepper

**Step One** Place the squash in a colander and sprinkle with salt\*. Set aside for at least 30 minutes. Remove from colander and pat dry.

**Step Two** In a large skillet, over high heat, cook the squash in 1 TB oil until brown around the edges, about 7 minutes. Remove from the pan.

**Step Two** Add the onion and saute in 1 TB oil until soft, about 3 minutes. Add the garlic, lemon zest and juice, 1 TB oil, tomatoes, mint, vinegar and olives to the pan and cook until warm. Add the squash back in and

taste for salt and pepper. Serve over the whole wheat pasta, sprinkled with feta and garnished with oregano and mint.

### 2 Kitchen Smidgen

\*When cooking with summer squash, always salt and allow them to drain off any excess liquid. This will ensure your finished dish is not watery.

### 3 Get Creative

Calamata, (Kalamata) olives are from Greece, and named for the city around which the olives are grown. They are especially fruity tasting with a meaty texture. Their unique flavor is enhanced by the vinegar marinade that they are often soaked in. Calamatas are sold packed in oil or vinegar.

### 4 WINE of the Week

Amano Primitivo, 2006

Puglia, Italy  
About \$11.00 at Total Wine

Blackberries, Cherries, Fruit Jam and just a hint of Licorice are all evident in this perfect-for-pasta wine. This one's easy to remember because the grape and the wine name are the same. The name Primitivo is from a word meaning "Early Riser" because it is one of the first grapes to ripen each year. The briny olives and feta cheese make the zing of acidity in Amano Primitivo sing with flavor!