

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Cool and Refreshing, Light and Easy!

A Perfect Summer Dinner...

Fresh Herb Tabbouleh

1 Cup *Bulgur Wheat**
 1 ½ Cups Tomato Juice, Boiling
 Juice of 2 Large Lemons
 ¼ Cup Extra Virgin Olive Oil
 1 TB Kosher Salt
 1 Cup Green Onions, Minced
 1 Bunch Flat Leaf Parsley, chopped
 1 Bunch Fresh Mint, chopped
 1 Large Cucumber, (or 2 small)
 seeded and diced
 2 Cups Tomatoes, Seeded and Diced

Step One Place the bulgur in a large bowl and pour the boiling tomato juice over it. Set aside for at least an hour until the juice is absorbed and

the bulgur is tender. If any juice remains, allow to drain through a colander.

Step Two When the the bulgur is ready, add the remaining ingredients and toss. Check for salt and cover or refrigerate.

Serve the Tabbouleh with **Grilled Chicken Skewers:**

Combine 1 Yellow Onion, 4 Cloves Garlic, ¼ Cup Fresh Lemon Juice ½ Tsp each, Paprika and Cayenne, 2 Tsp Kosher Salt, 1 Tsp Pepper and 1 Cup Non Fat Plain Yogurt in a food processor and puree. Add the chicken to a zippy bag, add the yogurt mix and marinade in the frig overnight. Remove and pat dry.

Load on skewers, and cook on an oiled grill, 5 minutes on each side.

2 Kitchen Smidgen

**Bulgur Wheat* is a pre-cooked wheat that is ready to eat with just a soak. It's nutritious and versatile with a nutty taste. Try using Bulgur in your favorite rice recipe.

3 Get Creative

Spiced Pita Chips are a perfect dipper for Tabbouleh! Cut 6 Pita pockets around the equator, and then into triangles. In a large bowl, mix ¼ cup each olive oil; lemon juice; ½ Tsp black pepper; ½ TB each cumin, curry powder, kosher salt, garlic powder, paprika and cayenne. Toss the Pitats with the spices, bake in a 400F oven for 10-12 minutes or until crisp.

4 WINE of the Week

Villa Vitale Pinot Grigio

North East Italy
 About \$8.00 at Cost Plus

Tart and Bright, this week's wine is a light, clean match to the fresh taste of Tabbouleh. Pinot Grigio is the Italian name for the French grape, Pinot Gris. The Villa Vitale brand is a private label wine from Cost Plus. Private label wine can often be a great opportunity to try good wine at lower prices, as winemakers often use good surplus grapes or wine from other local vintners. You'll taste crisp citrus, melon and bright acidity from this easy drinking wine.