

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Pass the Plate and Let Everyone Wrap Their Own!

### Crisp and Refreshing...

#### Grilled Corn Salad Wraps

6 Ears of Corn  
1 Red Bell Pepper  
1 Red Onion, Quartered  
Olive Oil for Grilling Vegetables  
1 Cup Chopped Tomatoes  
1 Ripe Avocado, Chopped  
4 oz. Monterey Jack Cheese, in ¼ inch cubes  
¼ Cup Chopped Cilantro  
Butter or Bibb Lettuce  
Warm Corn Tortillas  
Crispy Tortilla Strips\*  
Dressing Ingredients -  
¼ Cup Lime Juice  
¼ Cup Extra Virgin Olive Oil  
1 Tsp Freshly Ground Black Pepper

2 Tsp Kosher Salt  
2 Tsp Ground Cumin

**Step One** Preheat your grill for 10 minutes. Lightly oil the corn, pepper, and onion, then over medium heat, grill for about 5-7 minutes or until brown in spots. Place the pepper in a zippy bag and set aside.

**Step Two** Make the dressing by combining all the ingredients in a jar and shaking it.

**Step Three** Remove the pepper from the zippy bag, peel and chop. \*Cut the corn off the cob, and chop the red onion. Place in a bowl and add the tomatoes, avocado, cheese and cilantro, toss with the salad dressing.

Garnish with crispy tortilla strips. Serve with lettuce and tortillas.

### 2 Kitchen Smidgen

The easiest way to \*cut the corn off the cob is to stand it vertically in a shallow bowl or baking dish. Using a sharp knife, make long downward strokes as you move around the cob.

### 3 Get Creative

\*Crispy Tortilla Strips are a fun garnish for this salad - and lot of other dishes! Take 2 corn tortillas and cut them in to skinny strips - about 1/8 inch wide. In a small skillet, heat 1 TB of vegetable or canola oil until very hot. Drop 1/2 of the strips into the oil and stir until lightly browned - they will cook quickly! Remove, salt lightly and cook the other half.

## 4 WINE of the Week

### Santa Maria Sauvignon Blanc

Casablanca Valley, Chile  
About \$14.00 at Total Wine

The most successful matches with "South of the Border" tastes are fresh, sleek and crisp with acidity. And this week's wine is no exception. The green herb and grapefruit flavors of Santa Maria Sauvignon Blanc pair with the rich avocado and smoky cumin perfectly - it's clean and light enough to pick up the taste of the spices and vegetables. Sit back, relax and enjoy a refreshing glass with your Grilled Corn Salad!