

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Light and Fresh, Perfect for a Holiday Weekend!

Long Weekend Super Salad...

Italian Panzanella Salad

The Bread

4 ½" Slices Ciabatta (Crusty Italian) Bread

1 Clove Garlic, Peeled

1 TB Extra Virgin Olive Oil

The Onion

¼ Cup Red Wine Vinegar

½ Small Red Onion, Thinly Sliced

The Salad Ingredients

2 LB Ripe Tomatoes, Chopped in ½" Pieces

1 Cucumber, Peeled, Seeded and Cut into ½" Cubes

1 Red Pepper, Roasted, Cut into Thin Strips

1 Cup ½" cubes of Ricotta Salada*

¼" Cup Chopped Basil

¼" Cup Chopped Mint

¼ Cup *Capers, Rinsed

The Dressing

1 Garlic Clove, Finely Chopped

1 Tsp Kosher Salt and Black Pepper

½ Cup Extra Virgin Olive Oil

Reserved Red Wine Vinegar

Step One Brush the bread slices with the olive oil, and rub the garlic clove over the bread. Grill the bread over medium heat - or brown the bread under the broiler. Remove and cut into ½" cubes.

Step Two Combine red wine vinegar with the sliced onions and set aside while you prepare the salad ingredients.

Step Three Drain the red onions, and reserve the vinegar. Make the dress-

ing by shaking all ingredients together in a jar. Toss the dressing with the salad ingredients, cheese and bread.

2 Kitchen Smidgen

*Capers are the unripened buds of a plant native to the Mediterranean. After the buds are harvested, they are dried in the sun, then pickled in vinegar or salt. Curing brings out their tangy flavor, similar to olives.

3 Get Creative

*Ricotta Salada is an Italian Cheese that is a firmer, saltier version of Ricotta. Widely available in most grocery stores, it resembles feta in texture and is great for both crumbling and slicing - it's an Italian standard for fresh tomato salads, sauces and pastas.

4 WINE of the Week

Ruffino Orvieto Classico

Umbria, Italy

About \$8.00 at Total Wine

Here's a super white to drink from now through fall. Orvieto is the classic Italian white wine: cool and clean, light and dry with a crisp green apple and melon taste. Made from Trebbiano, Verdello and a variety of other native grapes, it's best to drink young - and with the great price of Orvieto you can pair it with any light salad, pasta or fish and enjoy it often!