

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: The 70's Revisited with a Family Salad Favorite!

Dressing is a Yummy Dip, Too: Retro Crunchy Romaine Salad with Green Goddess Dressing

1 Large Clove Garlic
4 Anchovies
1 Cup *Lightly Packed Parsley Stems
and Leaves
½ Cup Lightly Packed Fresh Tarragon
Leaves
3 Coarsely Chopped Green Onions
½ Cup Light Mayonnaise
½ Cup Light Sour Cream
1 Cup No Fat Plain Greek Yogurt
¼ Cup Tarragon Vinegar
3 TB Light Buttermilk
Salt and Black Pepper to Taste
6 Strips Lean Turkey Bacon
2 (1") Slices of Whole Grain Bread
cut in 1" Cubes
2 Heads Romaine Lettuce, chopped

1 Head of Red Radicchio, sliced
2 Cups of Packed Spinach Leaves
1 Pint Grape Tomatoes, Quartered

Step One Place the garlic and anchovies in the food processor or blender and mix well. Add the next 8 ingredients, (through the buttermilk) to the bowl and process again until creamy. Adjust the seasoning with salt and pepper.

Step Two In a skillet over medium heat, cook the bacon until crisp. Remove and place on wire rack over paper towels to drain. When cool, crumble the bacon. To make the croutons, add the bread to the skillet and cook and stir until bread cubes are golden brown.

Step Three Toss the lettuce, radicchio and spinach together in a large

salad bowl. Toss with the dressing, (beginning with ¼ and tossing just to dress – not drench) and divide between 4 - 8 plates or bowls. Top with crumbled turkey bacon, tomatoes and croutons.

2 Kitchen Smidgen

*Because we are using a food processor no need to chop the herbs first! Just bunch them up, and lightly pack them into a measuring cup.

3 Get Creative

When preparing bacon, make sure to rest it on a wire rack after cooking. Placing it on paper towels allows it to sit in the fat, instead of draining it away. Use this tip when you saute or fry any food - to ensure crispy, light results.

4 WINE of the Week

Veramonte Sauvignon Blanc
Casablanca Valley, Chile

Cost Plus around \$13.00

Just because this wine has a screw top, doesn't mean the contents aren't racy and vibrant - full of juicy grapefruit and citrus flavors. Carefully controlled fermentation using all stainless steel creates conditions that encourage freshness and lively aromas that are delicious with a crisp and crunchy green salad.