

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Nutty Wild Rice, Sweet Apricots and Crunchy Almonds!

Perfect Warm or Room Temp ...

Toasted Almond & Apricot Wild Rice

The Salad

1 14 Oz Can Chicken Broth
1 Cup Wild Rice Rinsed
1 Cup Shredded Carrots
3/4 Cup Sliced Almonds, Toasted
1/2 Cup Dried Apricots, Chopped
1/4 Cup Chopped Green Onions
Kosher Salt and Black Pepper

The Dressing

1 Garlic Clove, Minced
1/2 Tsp Kosher Salt
1/4 Cup Extra Virgin Olive Oil
3 TB Balsamic Vinegar
1 Tsp Curry Powder
1 Tsp Dijon Mustard
Freshly Cracked Black Pepper

Step 1 Combine the wild rice and chicken broth in a saucepan. Bring to a boil, cover and reduce the heat. Simmer for 45 minutes. Keep the pot covered and set aside for 1 hour.

Step 2 While the wild rice is cooking, make the dressing. Mash the garlic together with the kosher salt to make a paste. Add the garlic paste along with the remaining ingredients to a jar and shake. Season to taste with salt and pepper.

Step 3 When the rice is tender, add the carrots, almonds, apricots and green onions, toss gently. Add the dressing, a little at a time. Season to taste with salt and pepper.

2 Kitchen Smidgen

Did you know that wild rice is not rice at all? It is a grain, high in protein, the amino acid lysine and dietary fiber. And, it's low in fat. Most of the wild rice we use comes from Minnesota, California or Canada.

3 Get Creative

Want to treat guests to this delicious dish? You'll have dressing left over from the salad. Use it to marinate chicken breasts for at least 30 minutes, or up to overnight. Sprinkle the chicken with salt and pepper. Either saute or grill the breasts, and you have a meal fit for company.

4 WINE of the Week

Rocca Felice Nebbiolo d'Alba

Italy, Piedmont
Total Wine About \$16.00

You may be familiar with the grape Nebbiolo from its use in Barolo, the famous, (and expensive), robust Italian red wine. Now, you have a chance to taste the grape, in a younger and softer style of wine. In Italy, Nebbiolo is typically served with risotto, so this week's nutty and fruity wild rice salad makes a perfect match. Enjoy this dry full-bodied velvety red wine that tastes of cherries and blackberries!