

## Title:

3 Quick Food And Wine Ideas

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## Summary:

Alright the holidays have passed and needless to say you're tired of turkey, ham or roast beef or what ever and now you maybe watching your diet after indulging yourself. So here are some quick and easy food ideas that keeps calories in mind but are still good and are a nice change of pace. If you're really trying to watch your calories then try to keep the wine to only one glass a day and not too late at night the reason for this is that wine contains alcohol which will slo...

## Keywords:

## Article Body:

Alright the holidays have passed and needless to say you're tired of turkey, ham or roast beef or what ever and now you maybe watching your diet after indulging yourself. So here are some quick and easy food ideas that keeps calories in mind but are still good and are a nice change of pace. If you're really trying to watch your calories then try to keep the wine to only one glass a day and not too late at night the reason for this is that wine contains alcohol which will slow your body's ability to burn calories. Of course you can always forget the wine but just remember you might not enjoy your meal as much.

We hope that you enjoy these recipes and they give a nice change to your meal ideas and nice change of pace. There can be many befits to adding wine to your meal it can enhance your dining experience with the proper wine food matching.

## Tuna Salad Sandwich Recipe

1 can of tuna fish usually packed water or oil  
1/3 cup of cottage cheese  
2 Tablespoons of mayonnaise  
1/4 purple onion, chopped finely  
1 celery stalk, chopped finely  
1 Tablespoon of capers  
Juice of half of a lemon

Pinch or two of dill  
2 Tbsp minced fresh parsley  
1 teaspoon of Dijon mustard

Mix all of the ingredients. Be sure not to drain the water or oil from the can of tuna. Use it instead in the tuna salad mixture. I like to serve on toast, either open faced, or in a regular sandwich with lettuce and tomatoes and pickles. For a low carb option, serve on sliced lettuce. You can server this along with vegetables or cottage cheese. For wine Sauvignon Blanc or Chenin Blanc other wine that you might like.

#### Shrimp with Avocado Salad

1/4 cup of white wine vinegar  
1/4 cup grape-seeds oil  
3 garlic cloves, minced  
1/2 lb medium shrimp, cooked, peeled, and de-veined  
2 ripe avocados  
Lettuce - preferably butter lettuce or red leaf lettuce  
Lemon slices for garnish  
As and Option - 2 Tbsp chopped roasted walnuts or pistachios  
1 Tbsp chopped cilantro

Combine oil, vinegar, and garlic in a bowl. Chop shrimp into 1/2 inch pieces and add to oil mixture. Arrange leaves of lettuce on individual plates. Cut avocados in half and remove pits. Remove some of the avocado around the pit area and mix in with the shrimp. With a spoon, carefully scoop out avocado halves from their skins in one piece. Place avocado half on plate with lettuce, spoon shrimp mixture on to avocado. Sprinkle with walnuts and cilantro (optional). Serve with lemon slices for garnish. You can server this along with vegetables or cottage cheese. For wine Sauvignon Blanc or Chenin Blanc or you choice of wine.

#### Spanish rice with Chicken

2 tablespoons olive oil (can use up to 1/4 cup)  
1 onion, chopped fine  
1 garlic clove, minced  
2 cups of medium or long-grain white rice  
3 cups of chicken or vegetable stock if vegetarian  
1 heaping tablespoon tomato paste or 1 cup of diced fresh or cooked tomatoes, strained  
Pinch of oregano  
1 teaspoon salt  
2 pounds of chicken which can be grilled or fried and cut in to slices or chunks

and added along side the rice or mix with rice as it simmers. This is a nice addition along with the rice and can be mixed in once the rice has been cooked as well.

In a large skillet brown rice in olive oil, medium-high heat the add onion and garlic. Cook onion rice mixture, stirring frequently, about 5 minutes, or until onions are softened.

In a separate sauce pan bring stock to a simmer. Add tomato sauce, oregano, and salt. Add rice to broth. Bring to a simmer. Cover. Lower heat and cook 15-20 minutes, depending on the type of rice and the instructions on the rice package and let sit for 5 minutes. For wine Chenin Blanc or maybe Gewürztraminer again depending on your taste for wines.

The complete these recipes but there are many more avail so if you enjoy food wine as much as most people then stop by and visit our site listed below. Till the next time enjoy good food good wine and life.