

Friday Four

FOUR
FRESH
IDEAS
YOU
CAN
ENJOY
IN
FOUR
MINUTES
OR LESS



1 Quick Recipe: Serve These Yummies as an Appetizer OR Stuff a Sandwich!

Doesn't Everyone Love Meatballs?

Chicken Meatballs

20 Oz Lean Ground Chicken
3 TB EACH Minced Onion and Celery
2 TB Minced Carrot
1/4 Cup Whole Wheat Panko Crumbs, plus more as necessary
2 Large Egg Whites
1 Tsp Poultry Seasoning
1/2 Tsp EACH Pepper and Sea Salt
2 TB Grapeseed Oil*

Step One Preheat the oven to 350F. Mix all the ingredients (except for the oil) in a large bowl with your hands. Be careful not to pack the meat tightly. Start with the 1/4 Cup Panko Crumbs, adding more as needed to keep the meatballs together. (Make small meat balls, all

about the same size.)

Step Two Heat the oil in a large sauté pan on medium high heat. Put the meatballs in, one at a time, and make sure they don't touch. Sauté the meatballs until browned. Place in a 350F oven to finish cooking. The interior should be at 165F on an instant read thermometer. Serve them with:

Red Pepper Jelly Sauce

1 TB Unsalted Butter
2 Cloves Garlic, grated
1/2 Tsp Crushed Red Pepper Flakes
1/4 Dry White Wine (or Apple Juice)
1/4 Cup Red Pepper Jelly
1/4 Cup Stone Ground Dijon Mustard
Melt the butter in a sauté pan and add the garlic and red pepper flakes. Cook and

stir until aromatic. Add the wine, jelly and mustard.

Whisk together in the pan and let cook for a few minutes until all the ingredients are melded together.

2 Kitchen Smidgen

*Have you tried Grapeseed Oil? Its a great neutral tasting oil for sautéing over high heat. Originally only used by chefs, now it can be found in many grocery stores. If you can't find it - just use olive oil.

3 Get Creative

Turn these flavorful meatballs into an international sandwich. Tuck them inside a whole wheat pita pocket with some shredded Napa Cabbage and shredded carrots that have been tossed with the pepper jelly sauce. You've created a Mediterranean treat!

4 WINE of the Week

Adelsheim Pinot Gris

Willamette Valley, Oregon
Total Wine about \$15.00

Bright and crisp, full of the flavor of pears and melons, if you've haven't tried a Pinot Gris from Oregon - you are in for a treat! Pinot Gris and Pinot Grigio are the same grape, but the wines are made differently - typically a Pinot Gris is rounder and fuller feeling in the mouth. You'll still enjoy clean acidity, just not quite as mouth-puckering as a Pinot Grigio.