

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Zesty, Tangy Veggie Burgers - FULL of Flavor!

Easy and Delicious

Black Eyed Pea Sliders with Spicy Sweet Red Pepper Jelly Sauce

- 3 Cups Cooked Black Eyed Peas OR
- 2 (15 OZ) Cans Black Eyed Peas
- 1 Large Egg, beaten
- 1 ½ Cups Minced Red Pepper
- 3 TB Minced Jalapeño
- 2 Cups Cooked Brown Rice
- 2 Cups Rice Cracker Crumbs
- 1 Cup Minced Celery
- 1 Cup Minced Green Onions
- 3 Garlic Cloves, grated
- ½ Cup Olive Oil Mayonnaise
- 1 Cup Chopped Spinach, (if frozen defrosted and very well drained)
- 1 TB Smoked Paprika
- 1 Tsp Sea Salt
- ½ Tsp Freshly Ground Black Pepper
- Mini Cornbread Muffins
- *Spicy Sweet Red Pepper Jelly Sauce
- 1 Cup Kale, Fine Chiffonade

Step One In a large bowl mash the black-eyed peas. Add the egg and the next 12 ingredients to a bowl. Mix well. Spray or grease a mini muffin tin with olive oil. Scoop about a TB of the mixture into each well of the tin. Pat down lightly. Bake at 400F for 15 - 20 minutes.

Step Two Cut the cornbread in half and place a black-eyed pea slider in the muffin, and top with kale and:

*Spicy Sweet Red Pepper Jelly Sauce

- 1 Cup *Red Pepper Jelly
 - 2 TB Dijon Mustard
 - 2 Tsp Horseradish
 - 1 TB Orange Zest
- Stir the ingredients in a small bowl.

2 Kitchen Smidgen

Delicious Cornbread Muffins

- 2 Cups Yellow Cornmeal
- 1 Tsp Baking Soda
- 2 ½ Tsp Baking Powder

- 1 TB Sugar + ½ Tsp Sea Salt
- 1 TB Extra Virgin Olive Oil
- 1 Cup of Mashed Cannellini Beans
- 1 Large Egg, lightly beaten
- 4 Large Egg Whites, lightly beaten
- 2 Cups Light Buttermilk

Step One Preheat the oven to 400F. Combine the cornmeal, soda, baking powder, sugar and salt in a bowl and whisk together with a fork.

Step Two In another bowl, combine the oil and beans. Stir in the eggs, whites and buttermilk, then add the cornmeal mixture and stir until JUST blended.

Step Three Spoon the batter into a non-stick spray coated skillet or muffin tin and bake in the middle of a preheated 400F oven for 20-25 minutes.

3 Get Creative

I used Passionate Preserver Brenda Hill's Lower Sugar Red Pepper Jelly in my recipe. Lower Sugar means LOTS more flavor! You can find her preserves online at [THE PASSIONATE PRESERVER](http://THEPASSIONATEPRESERVER.com)

4 WINE of the Week

CRIOS de Susanna Balboa Torrontes
Mendoza Argentina

Total Wine around \$15.00

Crisp, peachy, citrusy and full of fruit flavor, this white is a super pair for the slightly spicy sliders. Torrontes is an indigenous grape in Argentina - and Argentina is the only place the wine is produced. I think you love it with any veggie slider or fish that has some "zing".