

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Yummy Veggie Sliders EVERYONE will ENJOY!

Lentil, Sweet Potato and Spinach Sliders

- 1" Fresh Ginger, peeled
- 2 Jalapeños, Ribbed and Seeded
- 2 Cups Boiled, Peeled Sweet Potatoes
- 1 Cup Prepared Orange Lentils
- 1 Cup Minced Red Onion
- 2 Pkgs Frozen Spinach, Defrosted and Drained Well
- 1 Tsp Amchur Powder (Indian Mango Powder, OR substitute 1 Tsp Lemon Zest)
- 2 Cups Whole Wheat Bread Crumbs
- ¼ Cup Chopped Cilantro
- 1 TB Garam Masala
- 1 TB Ground Coriander
- 1 Tsp Sea Salt
- ½ Tsp Freshly Cracked Black Pepper
- 2 Tsp Turmeric
- 2 Cups Panko (Whole Wheat if possible)

¼ Cup Canola, Grapeseed or Avocado Oil
Tomato Slices, Pickled *Red Onions and Naan Bread for Serving

Step One Place the ginger in the food processor first, and chop finely, add the jalapeños and sweet potatoes and puree. Scoop the mixture in a large bowl.

Step Two Add the lentils, onion, spinach, amchur or zest, breadcrumbs, cilantro, garam masala, coriander, salt, pepper and turmeric to the mixture in the bowl. Mix well, and with your hands form balls and roll them in the panko. Flatten them into rounds and place in the fridge for at least an hour.

Step Three Sauté them until browned over medium high heat in about 2 TB canola oil, adding more oil as necessary. Remove them as they brown

and place them on a sheet pan. Slide into a 350F oven and finish cooking them until warmed through – about 10 minutes. Serve with a sliced tomato, **Pickled Red Onions** and naan bread.

2 Kitchen Smidgen

Pickled Red Onions: 1 Cup Water
1/2 Cup Apple Cider Vinegar, 1 TB Raw Sugar, 1 ½ Tsp Sea Salt, 1 Red Onion, halved and sliced
Boil the water, vinegar, sugar, and salt in a small saucepan until the sugar and salt dissolve completely. Pour the warm liquid into a bowl and add the onion. Stir to completely submerge in the liquid. Let the onions in the pickling liquid for at least one hour at room temperature. Serve after one hour, or refrigerate for up to two weeks.

3 Get Creative

If you are eating Paleo or Gluten-free just sub in gluten-free for the whole wheat bread crumbs, and crushed brown rice crackers for the panko.

4 WINE FIND of the Week

Charles and Charles Rose
Columbia Valley, Washington State

Whole Foods Around \$15.00

This lovely blend of mostly Syrah and Grenache is crisp, lively and beautiful. With just the right hint of softness to enhance the Indian spices in the burger, this wine is cheap, cheerful and ready to quaff all summer.