Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Butternut Squash and Quinoa Sliders

1 Package Butternut Squash Noodles
1 TB Honey
1 Tsp Garam Masala
4 TB Olive Oil, divided
!/2 Tsp each Sea Salt and Pepper
1/2 Cup Quinoa
1 Cup Water
1 1/4 Cup Almond Flour
1/2 Cup Panko Bread Crumbs (Whole Wheat if possible)
1 Large Egg, beaten
1 Tsp Crushed Red Pepper Flakes
4 - 6 Quartered Pita Pockets
Your Favorite Coleslaw for Serving

Step One Turn the oven to 400F. Whisk together the honey, garam masala, 1 TB of the oil and salt and pepper together in a bowl and toss the squash noodles with the mixture. and place on a sheet pan. Roast in the oven until soft and brown around the edges, about 7 - 8 minutes.

Step Two While the squash is roasting, heat another 1 TB of oil in a sauté pan and add the quinoa and cook and stir until lightly golden - about 3 - 4 minutes. Add the cup of water and bring to a boil. Reduce the heat and simmer for about 12 - 15 minutes.

Step Three When the squash noodles are done, remove from the oven and chop coarsely. Add the squash to the quinoa. Stir in the almond flour, panko, egg, pepper flakes and a sprinkle of salt and pepper.

Step Four Place in the fridge to firm up for 30 minutes. Remove and form into 12 - 14 small sliders. Preheat the oven to 400F. Put the sliders on a sheet pan and cook for about 15 - 20 minutes or until warmed through. Place each slider in a pita pocket and serve with your favorite coleslaw.

2 Kitchen Scoop

Almond Flour creates a nutty flavor in these sliders and makes them gluten free as well. You can find it in your grocery store or make you own by processing almonds in the food processor. You'll never get the almonds quite as finely ground as the commercial variety - your sliders will just be a little crunchier!

3 Clever Idea

You are toasting the quinoa before you simmer it. This is a great idea to add more flavor to the quinoa in any recipe!

4 Cheers!

Charles and Charles Rosé
Columbia Valley, Washington

About $14.00

This dry and minerally rosé is a blend of typical grapes found in a zippy pink made in Southern France; Syrah, Cinsault, Grenache, Counoise and Mouvedre, but this stunner is made in Washington state. Full of strawberry, cherry and citrus flavors, its a juicy pairing for the butternut sliders.

Nancy Waldeck nwaldeck@tasteandsavor.com