



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Luscious Veggie Burgers

- 3 Cups Cooked *Lentils
- 2 Large Eggs
- 4 Egg Whites
- 2 Tsp Sea Salt
- ¼ Cup Minced Red Onion
- ¼ Cup Grated Carrots
- 2 TB Minced Cilantro
- 1 TB Tomato Paste
- 1 Cup (Whole Wheat) Panko Bread-crumbs
- ½ Tsp Each Sea Salt and Pepper
- 1 TB Garam Masala

Step One Put the lentils, eggs and salt in a food processor and using the pulse feature – process until combined. (It's all right to have some whole lentils)

Step Two Combine the onion, carrots, cilantro, tomato paste, bread-crumbs, cilantro and spices in a large bowl. Form into patties and place into the fridge for at least 30 minutes to firm them up.

Step Three Place the burgers on the grill until browned on both sides - about 5 minutes, turning only once. Serve with *Mango Coleslaw if desired.



2 Kitchen Scoop

*Mango Coleslaw

- 2 TB Avocado or Olive Oil Mayo
- 2 TB Cup Nonfat Greek Yogurt
- ¼ Cup Mango Chutney, chopped if chunky
- Zest and Juice of 1 Lemon

1 Bag Coleslaw

1 Tsp Sea Salt

Mix all the ingredients together in a small bowl. Use to top the burgers or as a side.

3 Clever Idea

We are only using 1 TB of tomato paste in our veggie burgers, so put the rest of the can in the freezer in snack bags in 1 TB portions. That way it will be ready for the next recipe!

4 Cheers!

Guigal Cotes du Rhone Rouge

Cotes du Rhone France
Around \$14.00

Cotes du Rhone is an appellation, or name of the place the grapes are grown and the wine is made. Although it includes red, rosé and white wines - this one is a delicious red. Predominately made with grenache, it also can include a handful of other grapes like syrah and mourvedre. Serve it up slightly cool to match almost anything from the grill!