

Indian Style Lentil, Sweet Potato and Spinach Sliders

2" Fresh Ginger, peeled
2 Jalapeños, Ribbed and Seeded
2 Cups Roasted Sweet Potatoes (from 1 large roasted and peeled sweet potato)
1 Cup Prepared Orange Lentils
1 Cup Minced Red Onion
2 Pkgs Frozen Spinach, Defrosted and Drained Well
1 Tsp Lemon Zest
4 Cups Panko (Whole Wheat if possible), Divided
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
¼ Cup 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, zest, 2 Cups panko, 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 Place the burgers on a parchment lined sheet tray. Slide into a 350F oven and cook until warmed through – about 20 minutes. Serve with a sliced tomato, **Pickled Red Onions** and naan bread.

Pickled Red Onions

1 Cup Water
1/2 Cup Apple Cider Vinegar
2 TB Raw Sugar
1½ Tsp Sea Salt
1 LARGE 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.

*Lentils need a 2 to 1 ratio of liquid for cooking. Place the lentils into a pan and cover with cold water. Add onion, fresh parsley, or other herbs. Bring the water to a boil and simmer gently for about 20 – 45 minutes or until the lentils are tender. Drain and remove herbs if necessary.

MED Inspired Lentil Burgers

3 Cups Cooked *Lentils
4 Large Eggs
2 Tsp Sea Salt
¼ Cup Minced Red Onion
¼ Cup Grated Carrots
2 TB Minced Parsley
1 TB Tomato Paste
1 Cup (Whole Wheat Panko) Breadcrumbs
½ Tsp each Salt and Pepper
1 TB Italian Seasoning
2 TB Grapeseed or Avocado Oil

Step One Preheat the oven to 350F. 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, breadcrumbs, cilantro, salt pepper and seasoning in a large bowl. Let stand for 30 minutes to allow the panko to absorb some of the liquid. Form into patties and place into the frig for about 30 minutes to firm them up.

Step Three Place the burgers on a parchment lined sheet tray. Slide into a 350F oven and cook until warmed through – about 15 minutes, flipping half way thru cooking. Serve open faced on a slice of rustic bread and top with *Quick and Rustic Olive Salsa

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***Quick and Rustic Olive Salsa**

1 Cup Chopped Green or Black Olives
1 Cup Chopped Roasted Red Peppers
2 TB Extra Virgin Olive Oil
½ - 1 Tsp Red Pepper Flakes
½ Tsp Dried Oregano
Sea Salt and Freshly Ground Black Pepper to taste

Mix all the ingredients in a bowl.

Fish Sliders with an Asian Flair

1 Large Egg
1 TB Soy Sauce
2 Tsp Toasted Sesame Oil
1 LB Grouper or Other White Fish, Cut into Small Cubes
¾ Cup Whole Wheat Panko Crumbs
¼ Cup Thinly Sliced Green Onions
2 TBs Sesame Seeds
*Mango Slaw
Whole Wheat Slider Buns
Chopped Cilantro

Step One Place the egg, soy sauce, sesame oil, fish, the panko, onions and sesame seeds in a food processor and pulse 5 - 6 times, you want a chunky mixture. Form into 12 –14 slider patties. Cover and chill for 30 minutes.

Step Two Place the sliders on a parchment lined sheet tray. Slide into a 400F oven and cook until warmed through – about 20 minutes, flipping about half way through cooking.

Step Three Place each burger on a bun along with the mango slaw.

Mango Slaw

2 TB Minced Red Onion
½ Tsp Turmeric
½ Tsp Each Salt and Pepper
1 TB Grated Ginger
1 Grated Garlic Clove
1 TB Chopped Parsley
Juice and Zest from 1 Lime, at least 2 TB of Lime Juice
1 Tsp Louisiana Hot Sauce
1 TB Honey
2 Large Mangoes, chopped
4 Cups Shredded Napa Cabbage
2 Cups Shredded Carrots

To make the dressing, add the onion through the honey to a jar and shake. Place the mangoes, cabbage and carrots in a bowl and toss with the dressing.