

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Shake Up Your Ordinary Burgers and Serve Leftover Spread with Fresh Veggies!

Tasty from the Grill or Pan:

Chickpea Burgers

2 Cans (15 Oz) Chickpeas, Rinsed and Drained

4 Green Onions, Chopped

½ Cup Shredded Carrots

2 Large Eggs

¼ Cup Whole Wheat Flour or

*Chickpea Flour

2 TB Chopped Cilantro

2 Tsp Smoked Paprika

½ Tsp Sea Salt

2 - 3 TB Extra Virgin Olive Oil

12 Whole Wheat Slider Buns

Shredded Napa Cabbage and Tomato Slices

*Green Olive Spread

Step One Place the chickpeas, scalions, carrots, eggs, flour, cilantro, paprika and salt in a food processor.

Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. Form into 6 burgers and place in the fridge for at least 30 minutes.

Step Two Heat the oil in a large sauté pan over medium-high heat. Add the burgers and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, about 2 minutes more.

Step Three To serve, spread the green olive spread on both sides of the bun, top with Napa cabbage and a juicy fat tomato slice.

2 Kitchen Smidgen

Green Olive Spread

1 ½ Cup Pitted Green Olives

2/3 Cup Non Fat Greek Yogurt

1 Tin Oil Packed Anchovies, Drained

2 Cloves Garlic

¼ Cup Cilantro, Packed

½ Cup Olive Oil

Step One In the food processor, Chop the olives coarsely, remove and place in a bowl

Step Two Add the yogurt, anchovies, garlic and cilantro to the processor. Pulse to chop the ingredients, and then with the motor running, slowly add in the olive oil. Remove from the processor and add to the green olives. If possible, set aside for an hour to allow the flavors to meld.

3 Get Creative

*You can easily make this burger **Gluten Free** by using Chickpea Flour instead of Whole Wheat. Serve in Bibb Lettuce Leaves or a Gluten Free Roll.

4 WINE of the Week

Brancott Pinot Noir

Marlborough New Zealand
Whole Foods about \$10

Even though the Kiwis are most well-known for their Sauvignon Blanc, they produce yummy Pinot Noir, too! This one is a real find - full of dark cherry flavors and red fruit jam, perfect for summer sipping with the delicious chickpea burger.