

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Enjoy Your Burger and Fries!

### Just Make Them Better for You:

#### Black Bean Burgers

½ Cup Basmati Brown Rice  
1 Cup Brewed Green Tea  
2 (15 ½ Oz) Cans Black Beans, drained and well rinsed  
1 Roasted Red Pepper, Chopped  
1 Jalapeño, Seeds and Ribs Removed, Coarsely Chopped  
½ Large Red Onion, Chopped  
6 Baby Bella Mushrooms, Chopped  
6 Cloves Peeled Garlic  
¾ Cup Shredded Light Jalapeño Cheddar Cheese  
1 Large Egg + 2 Egg Whites  
1 TB Smoked Paprika  
1 TB Turmeric  
1 TB Cumin  
½ Tsp Cayenne  
1 Tsp Sea Salt + ¼ Tsp Pepper  
½ - 1 Cup Whole Wheat Panko Bread Crumbs

**Step One** Bring the brown rice and tea

to a boil in a saucepan over high heat. Reduce the heat to low, cover, and simmer until the rice is tender, about 40 minutes. Set aside to cool.

**Step Two** Place the black beans in a large bowl, and mash with a potato masher, set aside.

**Step Three** In the bowl of a food processor; add the peppers, onion, mushrooms, garlic, cooked brown rice and cheese - chop finely. Stir the mixture into the black beans.

**Step Four** Whisk together the eggs, smoked paprika, turmeric, cumin, cayenne, salt and pepper together. Stir the egg mixture into the black bean mixture. Add in the panko as needed until the mixture is sticky and holds together. Divide into 10 patties. (Place in the fridge for about an hour to enable easy flipping.)

**Step Five** Cook the burgers at 375F on a parchment-lined baking sheet for about 10 minutes on each side. Place on grilled bread topped with spring mix and \*Grape Tomato Salsa.

### 2 Kitchen Smidgen

\*Grape Tomato Salsa couldn't be easier! Toss 3 TB Nam Ploy or Sweet Chile Sauce and 2 TB Chopped Cilantro with a pint of Grape Tomatoes that you have quartered. DONE!

### 3 Get Creative

#### Oven Baked French Fries

1 Large Baking Potato + 2 TB Olive Oil + 2 TB Salt  
**Step One** Scrub the potato, and cut into ½ inch fries. Place them in a large bowl with very hot tap water covering the fries. Let them sit in the hot water for 30 minutes. (This helps the potatoes to become crisp in the oven.)

**Step Two** Preheat the oven to 400F. Drain and dry the potatoes, Place on a parchment-lined baking sheet and toss with oil until evenly coated - spread out in one layer. Cook for about 30 minutes, turning them over once. Sprinkle with salt to taste and serve immediately.

There's nothing better than a big juicy glass of red with a burger. Zinfandel meets this criteria perfectly! You'll taste dark red cherries, berries, cocoa and spices - a match made in heaven with the black beans, spices and mushrooms.

## 4 WINE of the Week

Starry Night Zinfandel  
Lodi CA  
About \$9.00 at World Market