

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Put These Salmon Sesame Sliders in Buns or Lettuce Cups!

### Either Way, They Are Delicious:

#### Grilled Salmon Sesame Sliders

- 1 Large Egg
- 1 TB Soy Sauce
- 2 Tsp Toasted Sesame Oil
- 1 LB Skinless Salmon Fillet, Cut into 1/8" Dice
- 3/4 Cup Whole Wheat Panko Crumbs
- 1/4 Cup Thinly Sliced Green Onions
- 2 TBs Sesame Seeds
- Oil for Brushing the Grill
- \*Wasabi Mayonnaise
- Lettuce Cups or Whole Wheat Slider Buns
- Chopped Cilantro

**Step One** In a medium bowl, whisk together the egg, soy sauce and sesame oil. Add the salmon, the panko, green onions, sesame seeds

and mix. Form into 2" wide and 1/2" tall patties. Cover and chill for at least 1 hour.

**Step Two** Preheat your oiled grill pan, (or a clean oiled grill outside), and over medium heat, cook the salmon sliders on one side for about 2-3 minutes. Turn, and cook for an additional 2 minutes (or until they are cooked as much as you like).

**Step Three** Place each slider in a lettuce cup and top with \*Wasabi Mayo. (Or place in a grilled whole wheat bun along with shredded napa cabbage.) Garnish with chopped cilantro.

### 2 Kitchen Smidgen

\*Wasabi Mayo is super easy to make. Just buy a tube of wasabi

horseradish from the sushi bar at your local grocery store. Start with about a tsp and mix it into 1/2 cup of low fat mayo. Taste and add more wasabi as desired.

### 3 Get Creative

Sesame is an annual plant that grows about 3 1/2 feet tall. Whether its seeds are black, tan or white, whole, ground into a paste or pressed for oil, sesame probably originated in Africa and is now grown mostly in India, China, Mexico, and the Sudan. Did you know that you should store sesame seeds and opened sesame products in the frig? With their high oil content, they can spoil quickly. Try topping your salads and stir fries with a combination of white and black seeds for variety, color and flavor.

### 4 WINE of the Week Cape Indaba Chardonnay

Western Cape, South Africa  
Cost Plus World Market around \$9.00

Here's an easy drinking white wine that you can buy for the whole party on the 4<sup>th</sup>. Great chilled in an ice bucket on the patio – or straight from the frig, this South African crisp quaffer is super with grilled seafood. Offering aromas of tropical fruit and peaches, Indaba has a nice balance of tastes including green apples and lemon and finishes with good acidity.