

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Time for a Change from the Same Ole Burger!

### Easy Enough for Any Night:

#### Luscious Lentil Burgers

3 Cups Cooked \*Lentils

4 Large Eggs

2 Tsp Kosher or Sea Salt

¼ Cup Minced Red Onion

¼ Cup Grated Carrots

2 TB Minced Fresh Cilantro

1 TB Tomato Paste

1 Cup Panko Breadcrumbs

½ Tsp Freshly Ground Black Pepper

1 TB Garam Masala or Curry Powder

2 TB Canola 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.

**Step Two** Combine the onion, car-

rots, cilantro, tomato paste, bread-crumbs, spices and processed lentils in a 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** Sauté the burgers in the oil until browned on both sides - about 5 minutes, turning only once. Place them in the preheated oven for an additional 5 minutes to heat through. Serve in Pita Pockets with *Caramelized Red Onions* and *Chutney Mayonnaise*.

\*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 – 40 minutes or until the lentils are tender. Drain and remove the herbs before using.

### 2 Kitchen Smidgen

*Caramelized Red Onions* are SO delicious - and easy to make. Slice 2 red onions and add to a TB of hot oil in a saute pan. Over medium heat, cook and stir until the onions are soft. Give them a good sprinkle of salt and pepper and add ½ cup red wine, chicken or veg stock. Cook and stir until the liquid is evaporated and the onions are meltingly tender.

### 3 Get Creative

*Mayonnaise* is a great carrier of taste. Use a ¼ cup of Light Mayo and add ingredients like bottled chutney, wasabi or capers to brighten up flavors in any sandwich.

## 4 WINE of the Week

### Cambria Pinot Noir Julia's Vineyard

Santa Marie Valley, California

Total Wine around \$18.00

A light and refreshing Pinot Noir is a great find. If you like cherry, strawberry and raspberry flavors, this is the wine for you. It's a versatile summer sipper from the central coast of California - perfect with alternative burgers as well as the traditional beef slider right off the grill.