

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Spring Written All Over the Plate!

Easy to Make, Fun to Eat:

Veggie Burgers

2 ½ Cups Mashed Cooked Sweet Potatoes
¼ Cup Toasted Chopped Almonds
¼ Cup Sunflower Seeds
½ Cup Chopped Cashews
½ Cup of Cooked Quinoa
¾ Cup Whole Wheat Panko Crumbs
1 TB Olive Oil
1 Large Egg
1 TB Dark Sesame Oil
2 Garlic Cloves Grated
1 TB Light Soy Sauce
½ Tsp Sea Salt and ¼ Tsp Freshly Cracked Black Pepper
1 Cup Sesame Seeds
Combine all the ingredients together, except for the sesame seeds. Form into patties and coat with sesame

seeds. Bake on a parchment covered baking sheet at 350F degrees for about 10 minutes, then grill or broil the burgers until brown and a little crispy on the edges. Serve on grilled buns with *Sriracha Mayonnaise and topped with Asian Slaw.

Asian Slaw

1 Cup Shredded Carrots
1 Cup Shredded Radish or Jicama
1 Cup Shredded Red Cabbage
¼ Thinly Sliced Green Onion
1 TB Chopped Fresh Cilantro
¼ Cup Asian Chili Sauce (Mae Ploy)
1 ½ TB Rice Vinegar
1 TB Lime Juice
1 Tsp Light Soy Sauce
1 Tsp Dark Sesame Oil

Step One In a large bowl toss the carrots, radish, cabbage, green on-

ion and cilantro together.

Step Two In a small bowl or jar add the chili sauce, vinegar, lime juice, soy and oil together. Toss with the slaw and set aside for 30 minutes for the flavors to blend.

2 Kitchen Smidgen

* **Sriracha Mayonnaise** is a blend of light mayo and the hot chile sauce named Sriracha. Mix the ingredients together in a small bowl with about ¼ cup mayo and a Tsp of the spicy sauce - add more heat as desired.

3 Get Creative

The beautiful micro-greens in the picture above are radish sprouts! Did you know radishes are high in vitamin C and come in a variety of colors and shapes? Try adding radishes to your salads for brilliant color and crunch.

4 WINE of the Week

Wente Riverbank Riesling

Monterey, California
Whole Foods about \$14.00

Clean and rich with a big mouthfeel, this wine is full of aromas of honeysuckle and lychee. A blend of mostly riesling with just a bit of gewurtraminer this light white is super with Asian inspired foods like this veggie burger, salads, grilled fish and other light summer fare.