**Have A Plant® Cook Along:**

**Fruits & Veggies For The Win! Your Ultimate Super Bowl Party**

**February 9, 5:30 pm EST**

**With Leslie Bonci, MPH, RD**

Sponsored by [Red Sun Farms](https://fruitsandveggies.org/contributors/red-sun-farms/)

**Shopping List**

* Sweetpeps mini peppers
* Sweetpops bite sized tomatoes
* Mini cucumbers
* 1 lb. tomatoes
* 1 lemon
* 2 medium sweet potatoes
* Garlic
* Fresh basil
* Fresh parsley
* Walnut halves
* 1 12 oz jar of roasted red peppers
* 1 can lentils
* 1 egg
* Olive oil
* Oil mister or olive oil spray
* Breadcrumbs, plain
* Flour
* Pomegranate molasses (or balsamic vinegar + honey)
* Red pepper flakes
* Ground cumin
* Smoked paprika
* Salt and pepper

**LENTIL ,WALNUT RED PEPPER SPREAD**

1 12 oz jar of roasted red peppers, drained well

¾ cup walnut halves

1 can lentils, drained

2 garlic cloves, minced

1/4 cup olive oil

1/2 cup bread crumbs, plain

1 TBSP lemon juice

2 TBSP pomegranate molasses (or 1.5 teaspoons balsamic vinegar + 1 tsp honey)

1 tsp Sea salt

1 tsp red pepper flakes

1 tsp ground cumin

1 tsp smoked paprika

**Instructions**

DO AHEAD

1. Peel and mince garlic
2. Drain and rinse lentils and roasted red peppers

DURING THE COOK ALONG

1. In a food processor with a metal blade, pulse the walnuts, then add lentils and garlic and olive oil, add in remainder of ingredients. Pulse until blended
2. Serve with Sweetpops mini tomatoes, mini cucumbers and Sweetpeps mini peppers

**SWEET POTATO BITES & DIP**

**Ingredients**

2 average size sweet potatoes

½ red Sweetpeps mini pepper ( 1/4 cup finely chopped)

½ yellow Sweetpeps mini pepper ( 1/4 cup finely chopped)

½ cup parsley, finely chopped ( ¼ cup for the balls) and ¼ cup for the bread crumb coating)

1 egg, beaten

1 cup breadcrumbs (plain or seasoned)

1/8 cup of flour

2 TBSP olive oil

Salt and pepper to taste

Cayenne pepper if desired

**Instructions**

DO AHEAD

1. Preheat oven to 400 degrees.
2. Rinse and dry sweet potatoes, pierce skin all over with a fork. Wrap in a paper towel and microwave for 5 minutes. OR bake 1 hour until potatoes are easily pierced with a fork.
3. Discard skin and place potatoes in a large bowl
4. Chop peppers and parsley
5. Beat egg in a small bowl

DURING THE COOK ALONG

1. Mash potatoes with a potato masher or large fork
2. Mix in peppers and ¼ cup of the parsley
3. Add the egg, ¼ cup of breadcrumbs, 1/8 cup of flour and 2 TBSP oil
4. Add salt and pepper to taste
5. Stir well until evenly mixed.
6. Form individual balls or mini football shapes about 1-1.5 inches wide and place on a plate
7. Mix remaining parsley and breadcrumbs in a small bowl
8. Line a cookie sheet with parchment paper
9. Coat the balls with the breadcrumb/parsley mixture and place on a cookie sheet.
10. Spray with and olive oil mister or non-stick spray.
11. Bake at 400 degrees for 10 minutes, flip the bites, spray again with oil and cook for another 10 minutes

**DIPPNG SAUCE**

**Ingredients**

4 cloves garlic peeled

1 pound chopped tomatoes

10 leaves of fresh basil

Salt and pepper to taste

2 TBSP Balsamic Vinegar

4 TBSP olive oil

**Instructions**

DO AHEAD

1. Peel and mince garlic
2. Chop tomatoes
3. Chop basil leaves

DURING THE COOK ALONG

1. Combine all ingredients in a large bowl and season to taste