

SPOTLIGHT RECIPE

QUINOA BURGERS WITH AVOCADO HUMMUS

SERVES 10

INGREDIENTS

For the quinoa burgers

- 2 cups cooked quinoa
- 1 cup cooked short-grain brown rice
- 1/2 cup old-fashioned oats
- 1/4 cup brown sugar
- 1 cup roasted eggplant, chopped
- 1 cup roasted mushrooms, chopped
- 1/2 cup water
- 1/4 cup golden raisins
- 1/4 cup apple cider vinegar
- 1/4 cup soy sauce
- 1/4 cup beets, finely chopped
- 1 tablespoon garlic, finely chopped
- 1 tablespoon onion, finely chopped
- 1 teaspoon salt
- 1 teaspoon cayenne pepper
- 2 tablespoons grapeseed oil
- 10 whole-wheat buns
- Lettuce and tomato slices, optional

For the avocado hummus

- 1/2 avocado
- 1/2 teaspoon salt
- 1 cup hummus



DIRECTIONS

For the hummus

Place the avocado and salt into a bowl. Using a fork, mash the avocado until smooth and then fold in the hummus.

Keep refrigerated until ready to use.

For the quinoa burgers

Add the quinoa, brown rice, oats and brown sugar to a bowl. Mix to combine, and then add all remaining ingredients except the salt, pepper and grapeseed oil.

Use a ring mold to portion and mold your burgers and place in a refrigerator. Let chill in the refrigerator for at least 1 hour.

Heat a sauté pan over medium heat, and then add 2 tablespoons of grapeseed oil. Season 2 patties with salt and pepper, and then place into the pan. Cook for 4 minutes on 1 side, then flip the patties using a spatula and cook for 3 minutes.

Remove the patties from the pan and place on a resting rack to remove excess oil. For each burger, place a patty on the bottom half of a whole-wheat bun, garnish with the avocado hummus (see recipe), lettuce and a slice of tomato, and place the top half of bun on top of the patty. Repeat steps until all burgers have been prepared.

Side dishes

Sweet Potato Fries • Arugula Salad

