

## CAFE THOMPSON RECIPE

# QUINOA BURGERS WITH AVOCADO HUMMUS

SERVES 10

### INGREDIENTS

#### For the avocado hummus

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

#### 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 diced
- 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



### 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 remaining ingredients except the salt, pepper and grapeseed oil.

Use a ring mold to portion and mold the burgers and place in a refrigerator. Let chill 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

