

Loaded Quinoa Veggie Burgers

Ingredients

- ½ cup uncooked quinoa
- 1 carrot, diced
- 4 scallions, sliced
- 2 cloves garlic
- 15 ounce can black beans drained and rinsed
- ¼ cup Italian seasoned dried breadcrumbs
- 1 large egg, lightly beaten
- 1 tablespoon ground cumin
- ¾ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons olive oil

Directions

1. In a small pot, bring ¾ cup water to a boil. Add quinoa, cover and reduce heat to low, and cook until liquid is absorbed, 12-14 minutes; set aside
2. In a food processor, pulse carrot until finely chopped. Add cooked quinoa, scallions, garlic, beans, breadcrumbs, egg, cumin, salt, and pepper; pulse until combined but still slightly chunky
3. Form mixture into four patties. In a large nonstick skillet, heat oil over medium; cook burgers until browned, about 8 minutes per side

Serves 4, Serving Size: 1 burger

Sodium content: 55mg per serving

Dietician suggests: Use non-seasoned breadcrumbs

"This is a great alternative for burger night. They are light and healthy, have delicious taste and are nutritious as well. Top with your favorite toppings, or serves as is!"

–Emily and Jessica, New York



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