

Veggie Quinoa Burgers

(C, D, (E), G, S, (V), Y)

Ingredients

½ cup quinoa, cooked	1 tsp basil
1 tsp safflower oil	½ tsp oregano
1 ¼ cup zucchini grated	Dash celery salt
1 cup carrot, grated	Cayenne pepper to taste
8 crimini mushrooms grated	Garnish
¼ cup red onion, grated	Sprouts of your choice
1 clove garlic, minced	Lettuce
1 egg beaten or 3 tbsp cooked ground flax (see egg substitute handout)	Tomatoes
3 tbsp potato flour	Avocado
¼ tsp sea salt	Cheese (optional)
½ tsp black pepper	Bun (optional) – see variation below
	Tahini, salsa or relish

Directions

1. Cook quinoa (1/2 cup quinoa in 1 ½ cup boiling water, simmer 15-20minutes)
2. Sauté, onion, garlic, zucchini, carrots and mushrooms in oil about 5 minutes, until soft
3. Add quinoa and continue to cook uncovered until liquid has cooked away
4. Add potato starch, sprinkling each tbsp one at a time and mixing between additions
5. Remove from heat and add egg or substitute
6. Transfer to a large glass bowl
7. Rinse pan for reuse and return to medium heat
8. Form veggie-quinoa mixture into handful size balls and press into patties in pan
9. Cook patties until golden brown and warmed through (approximately 5 minutes per side)
 - a. Be careful flipping the patties as they fall apart easily
10. Build burgers to your liking with your choice of garnish

Variation:

- As an alternative to a bun, try an open face burger atop a grilled portobello mushroom
- Rinse portobello mushrooms, grill over medium heat for 5 min per side
- Top with veggie quinoa patties and desired garnish

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