

QUINOA EDAMAME & CARROT BURGER

INGREDIENTS

- 1 T Extra-virgin olive oil, plus more for sautéing
- Half Onion (small) (chopped)
- 1 clove Garlic, chopped
- 1/3 C Carrots (shredded)
- 1/3 C Edamame (frozen) (shelled)
- 1 1/4 C Quinoa (rinsed) (cooked) (cooled)
- 1/2 C Panko breadcrumbs (whole-wheat)
- 1/4 C Parmesan cheese (shredded)
- 2 Eggs (arge) **OR** 1/2 C egg substitute
- 1/2 t Kosher salt
- 1/4 t Black pepper
- Hamburger buns (optional)



DIRECTIONS

- 1 In a small sauté pan over medium-high heat, heat the olive oil
- 2 Cook the onions & garlic in the oil until soft and fragrant (7 minutes)
- 3 Add the carrots & edamame and cook for (2 minutes)
- 4 Set aside to cool
- 5 In a large bowl, combine the quinoa, sauteed vegetables, breadcrumbs, cheese & eggs
- 6 Season with salt & pepper & stir until well combined
- 7 Using wet hands, form the burgers into patties about 1/2 cup each
- 8 Place the patties on a lined baking sheet, cover & refrigerate for at least 2 hours or up to a week
- 9 Heat a large non-stick sauté pan over medium heat
- 10 Add 1 T olive oil, then add the patties in batches
- 11 Cook on one side till golden brown (about 5 minutes)
- 12 Flip & cook the other side till golden brown (about 5 minutes)
- 13 Place on a paper towel-lined plate to drain
- 14 Repeat with remaining burgers

NOTE

Serves 6

