

Serves: 4 • Serving size: 1 burger



PREP: 10 minutes
COOK: 6-8 minutes

Quinoa Mushroom BURGERS

½ cup roasted mushrooms
1 cup cooked quinoa or rice
1 cup quick cook oats
¼ cup shredded carrot
¼ cup chopped onion
1 tbsp. minced garlic
½ tsp. kosher salt
1 egg
½ cup corn starch
2 tbsp. extra virgin olive oil

1. In the base of the PowerChef® System, fitted with the blade attachment, combine mushrooms, quinoa, oats, carrot, onion, garlic, salt and egg. Cover and pull cord until well minced.
2. Form quinoa mixture into 4 equal-sized patties. Refrigerate as needed if mixture becomes too soft. Dredge patties in corn starch, set aside.
3. Preheat Chef Series II 12"/30 cm Griddle over medium heat for 1 minute. Add oil, swirl pan to coat. Place quinoa patties in pan, cook 3-4 minutes or until golden brown and edges are set. Flip patties and cook other side 3-4 minutes more.
4. Remove patties from griddle, serve with or without buns; top with your favorite burger toppings.

Nutritional Information (per serving):

Calories: 240 Total Fat: 5g Saturated Fat: 1g Cholesterol: 25mg
Sodium: 180mg Carbohydrate: 40g Fiber: 4g Sugar: 1g Protein: 7g
Vitamin A: 8% Vitamin C: 2% Calcium: 4% Iron: 15%

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