

THE WELL *SEASONED* TABLE

Hello Members,

I hope you have been enjoying your summer. The nice warm weather that we are currently receiving has given my plants and veggies a big boost. This last hurray for the summer will hopefully produce an abundance of yellow pear tomatoes.

I have been on a quest for a veggie burger recipe that doesn't taste like cardboard and my sister gave me one that she recently found. This past weekend I tried a batch and they turned out very well. I made a sandwich on thinly sliced bread and topped the burger with small amount of freshly made guacamole. I chose to bake them instead of frying and they came out nice and firm. These burgers have a wonderful combination of flavors.

Quinoa Black Bean Burgers (makes 5-6 burger patties)

1 (15oz) can black beans, rinsed & drained
¼ cup quinoa (be sure to rinse well & drain or follow the pkg instructions)
½ cup water
½ cup bread crumbs (**I used oatmeal instead)
¼ cup minced yellow pepper
2 TBL minced onion
1 large clove garlic, minced
1 ½ tsp ground cumin
½ tsp salt (I did not use)
½ to 1 tsp hot pepper sauce
1 egg
3 TBL olive oil (I did not use since I baked instead of fried the burgers)

Directions:

*Bring the quinoa and water to a boil in a saucepan. Reduce heat to med-low, cover and simmer until the quinoa is tender and the water has been absorbed, about 15-20 minutes.

*Roughly mash the black beans with a fork (leaving some whole beans) in a paste-like mixture.

*Mix the quinoa, bread crumbs or oatmeal, bell pepper, onion, garlic, cumin, salt, hot sauce and egg into the black beans using your hands.

*Form the black bean mixture into 5 – 6 patties.

*If frying heat the olive oil in a large skillet and cook the patties in hot oil 2-3 minutes per side.

**If baking – put on parchment paper, heat oven temp to 400 degrees and bake 30 minutes

Bountiful Blessings,

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