

## Veggie Burgers 1

Yield: 4 patties

### Ingredients

- 1 (2-ounce) piece whole wheat bread, toasted, torn into pieces
- 3 tablespoons olive oil, divided (mix 1 T. into the burger mixture; fry the burgers in the remaining 2 T.)
- 1 clove minced garlic (or use ¼ t. garlic powder)
- 1 cup black beans, rinsed and drained
- 1 teaspoon grated lemon rind (zest)
- ¾ teaspoon chili powder
- ½ teaspoon chopped fresh oregano
- ¼ teaspoon salt
- 1 large egg, lightly beaten

### Preparation

1. Place toast in a food processor; process until the crumbs are small and measure about 1 cup. Transfer to a bowl.
2. Combine 1 tablespoon oil, garlic, and beans in processor; pulse 8 times or until beans make a thick paste. Scrape bean mixture into bowl with breadcrumbs.
3. Stir in rind and remaining ingredients.
4. With moistened hands, divide bean mixture into 4 equal portions (about 1/3 cup mixture per portion), shaping each into a 3-inch patty.
3. Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add patties to pan; reduce heat to medium, and cook 4 minutes or until bottom edges are browned. **Carefully** turn patties over; cook 3 minutes or until bottom edges are done.

## Veggie Burgers 2

**Yield: 4 patties**

### **Concepts to be explored:**

Meatless protein meals

Broiling

Use of parchment paper

Eat more vegetables

Quick and easy meals

### **Ingredients**

1 1/2 cups kidney beans, drained

1/3 cup cooked brown rice

2 T. oatmeal

1/8 bell pepper, cut into 2 inch pieces

1/8 onion, sliced into chunks

7 leaves of baby spinach or part of one leaf of kale

1 egg

1 T. olive oil

1 clove garlic, peeled and pressed

1 T. chili powder

1 t. cumin

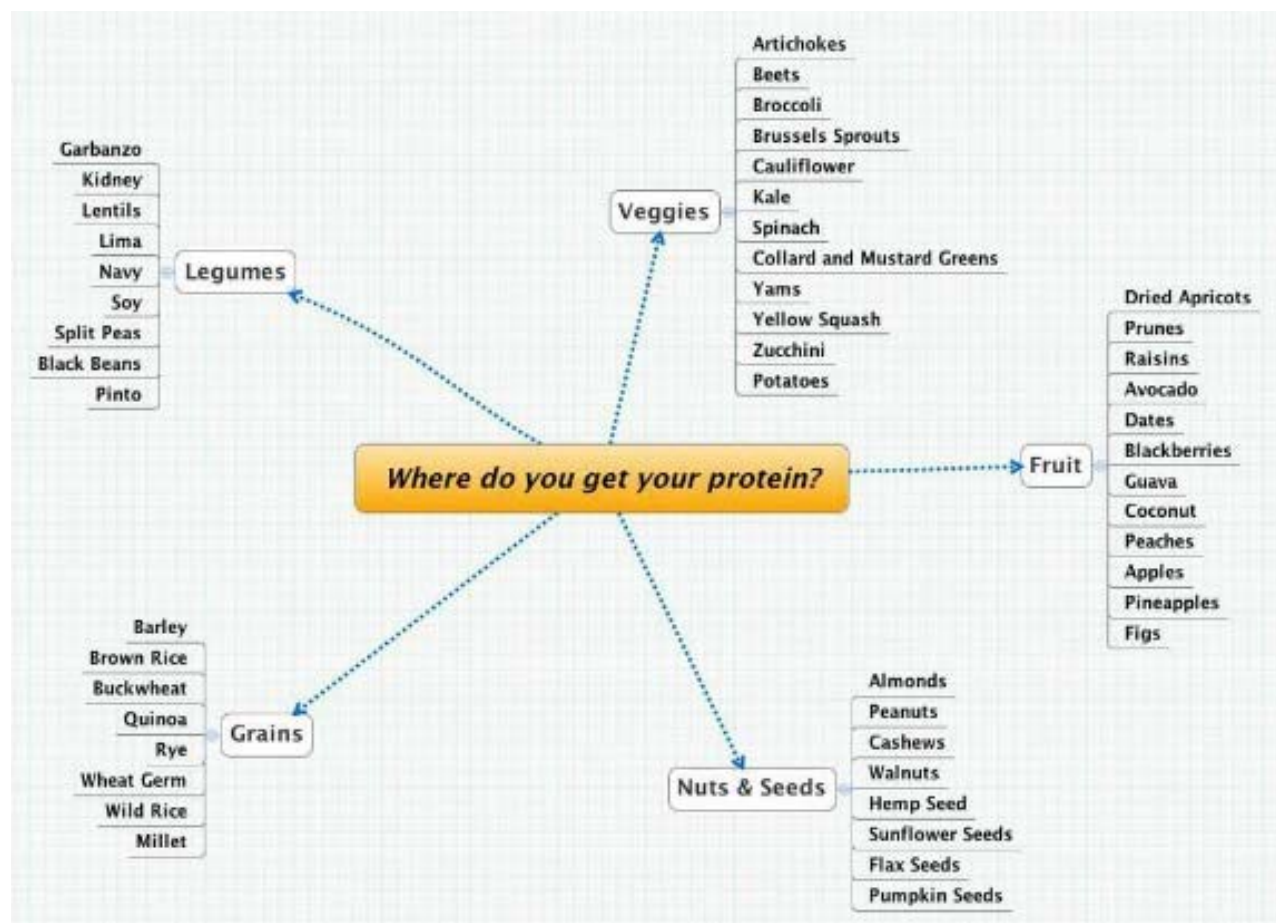
1 T. Worcestershire sauce

### **Directions**

1. To prepare for broiling: Place a piece of parchment paper on a baking sheet.
2. In a medium bowl, mash kidney beans with a potato masher until thick and pasty.
3. Add the cooked rice and the oatmeal to the beans and blend with a big spoon.
4. In the food processor, finely chop bell pepper, onion, and spinach.
5. Add the chopped vegetables to the mashed beans; stir to blend all of the ingredients.
6. In a small bowl, stir together egg, olive oil, pressed garlic, chili powder, cumin, and Worcestershire sauce.
7. Stir the egg mixture into the bean/rice/veggie mixture.
8. Shape into four patties.
9. Broil on the parchment paper covered baking pan for 8 minutes on each side.  
*If grilling, place patties on foil, and grill about 8 minutes on each side.*  
*If baking, place patties on baking sheet, and bake at 375° for about 10 minutes on each side.*

These charts are from the Internet.

FOODS	LIMITING AMINO ACIDS (low levels, not completely missing)	COMPLEMENTARY FOODS	MENU ITEM EXAMPLES
Legumes: lentils, peas beans	Tryptophan Methionine	Grains, nuts & seeds	Stir-fry veg w/green soybeans, served over brown rice, sesame seeds garnish or Hummus (chickpeas & tahini spread), served with whole wheat pita bread
Grains: wheat, corn, rice, oats barley, rye	Lysine Isoleucine Threonine	Legumes, dairy	Grilled cheddar on whole wheat bread or Cornbread & chili beans, grated cheddar
Nuts & Seeds Almonds, peanuts, sunflower, cashews	Lysine Isoleucine	Legumes	Lentil-walnut loaf, cashew gravy or Fried tofu cubes on mixed salad, peanut-coconut dressing



This diagram, from the Real Foods website, portrays a vegetarian form of MyPlate. The purpose is to represent the proportions of each of the food groups needed in a day for a balanced diet. Real Foods has stores in Edinburgh, Scotland, and Online. <http://www.realfoods.co.uk/vegetarian>

## The Vegetarian Eatwell Plate

