#### **Veggie Burgers 1**

### **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.)

Yield: 4 patties

- 1 clove minced garlic (or use ¼ t. garlic powder)
- 1 cup black beans, rinsed and drained
- 1 teaspoon grated lemon rind (zest)
- 3/4 teaspoon chili powder
- 1/2 teaspoon chopped fresh oregano
- 1/4 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

## Concepts to be explored:

Meatless protein meals Broiling

Use of parchment paper Eat more vegetables Quick and easy meals

Yield: 4 patties

#### 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 pieces1/8 onion, sliced into chunks7 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**

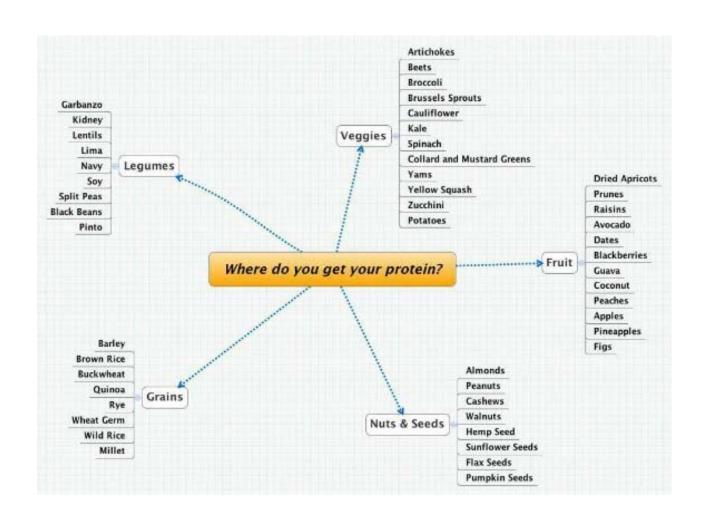
- 1. To prepare for broiling: Place a piece of parchment paper on a baking sheet.
- 2. In a medium bowl, mash kidney beans with a potato masher until thick and pasty.
- 3. Add the cooked rice and the oatmeal to the beans and blend with a big spoon.
- 4. In the food processor, finely chop bell pepper, 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, com, 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

Fruit and vegetables.
Fresh, frozen, juiced,
canned or dried fruit and
vegetables. These supply
vitamins, minerals and
fibre.

Alternatives to meat and fish, including eggs, beans and other non-dairy sources of protein. Include a variety of pulses, nuts, seeds, eggs and other soya, mycoprotein and wheat proteins in the diet to ensure adequate intakes of protein, minerals and vitamins.

Foods and drinks high in fat and/or sugar. Although some fat is needed in the diet, eat these foods sparingly, and look out for low fat alternatives.

Bread, rice, potatoes, pasta and other starchy foods.

Make these starchy foods the basis of most meals. Try to include wholemeal or wholegrain versions where possible. Avoid adding too much fat. These supply carbohydrates, fibre, protein and some vitamins.

Milk and dairy foods.
Good sources of calcium,
protein and some vitamins.
If avoiding dairy foods,
choose fortified soya, rice
or oat drinks or ensure
other foods high in calcium
are included.