

Savory Living Recipe - Four Kinds of Burgers

I. Mustard Turkey Burgers

Serves 4

NOTE - you need to create the patties and chill in refrigerator for 30 minutes BEFORE cooking.

1 lb ground turkey

1 Tbsp Dijon mustard

1/4 cup minced onion

1 tsp coarse salt

Serve over bed of greens with fresh avocado, blue cheese, lettuce, tomatoes, and onions

- In a bowl, combine turkey, dijon, onion, and salt. Form mixture into four patties and chill 30 minutes.
- Drizzle patties with oil and cook in non-stick saute pan on high, flipping to brown each side (usually 4-5 minutes per side).
- Use a thermometer to be sure they're done - should read: 165 degrees

Cooking tip - to keep meat moist

- After you've browned both sides, add a little bit of liquid to the pan, cover, and cook until done. This steaming technique helps the meat remain moist.

II. Mexican Shrimp Burgers with Avocado Aioli

Source: Marcela Valladolid

Serves 6

Burgers

1 pound medium shrimp, shelled and deveined

1 egg

2 Tbsp chopped cilantro leaves

1 garlic clove, peeled

3/4 cup plain bread crumbs, plus more as needed

1 poblano chile, roasted, peeled, stemmed, seeded, and diced

1 tsp sea salt

1/2 tsp freshly ground black pepper

2 Tbsp vegetable oil

Avocado Aioli

1 avocado, halved, pitted, and peeled
1/4 cup mayonnaise
1 Tbsp fresh lime juice
2 medium garlic cloves, peeled
1 serrano chile, stemmed, halved and seeded
2 Tbsp chopped cilantro leaves
Sea salt and freshly ground black pepper

Burgers:

- In a food processor, combine the shrimp, egg, cilantro, garlic, 3/4 cup bread crumbs, poblano chile, salt, and pepper. Process until the mixture is a coarse puree. Form the mixture into 6 patties and set aside (if the mixture is too wet, add additional bread crumbs, 1 tablespoon at a time, until the mixture can be molded easily).
- Put a grill pan over medium-high heat or preheat a gas or charcoal grill. Brush the patties with vegetable oil and grill until golden, about 3 minutes per side, depending on the thickness.

Avocado Aioli:

- Scoop the avocado pulp into the bowl of a food processor. Add the mayonnaise, lime juice, garlic cloves, serrano chile and cilantro. Process until smooth. Season with salt and pepper, to taste.

III. Quinoa, Bean and Feta Burgers

Adapted from Whole Living Magazine

Serves 6

NOTE - you need to create the patties and chill in refrigerator for 30 minutes BEFORE cooking.

15 oz can kidney beans, drained and rinsed
1 shallot, minced
1 carrot, finely grated
2 cups cooked quinoa
2 Tbsp chopped fresh parsley
3 Tbsp crumpled feta
1 tsp coarse salt
2 egg whites, lightly whisked
2 tsp corn starch
1 tsp extra virgin olive oil - If you use too much oil the burgers will fall apart

- In a bowl, mash beans into a thick paste and mix in shallot, carrot, quinoa, parsley, feta, salt, egg whites, and corn starch.
- Form mixture into six patties and chill 30 minutes.
- Heat 1 tsp oil in a skillet over medium-high heat, and cook patties until golden brown and flip, 4-5 minutes per side.

IV. Wild Mushroom and Olive Lentil Cakes with Cashew Garlic Sauce

Adapted from Whole Living Magazine

Serves 8

1 cup beluga lentils
olive oil
1 red onion, sliced
Sea salt (to taste)
2 cups mixed wild mushrooms, sliced (shiitake, oyster, chanterelle...)
5 cloves garlic, minced
3 tablespoons fresh rosemary
1 tablespoon fresh thyme
2 tablespoons tamari
½ cup sunflower seeds
1/2 cup quinoa flakes (or whole grain bread crumbs)
15 kalamata olives (pits removed)
2 tablespoons olive oil
1 tablespoons Dijon mustard
Freshly cracked black pepper

- Cook Lentils. Wash and drain lentils. In a medium saucepan, cover with 2 cups water, bring to a boil, cover, reduce to simmer and cook until tender (about 20-25 minutes). Remove lid off to cool and set aside. Drain excess water.
- In a frying pan heat olive oil. Add sliced onions and a pinch of salt. Cook until softened, about five minutes, then add garlic, rosemary and thyme. Cook for a few minutes, then add sliced mushrooms. Allow the mushrooms to cook without stirring for a few minutes so that they brown on one side. After five minutes, stir mushrooms and add tamari, stir to coat. When mushrooms are cooked, remove from heat and set aside.
- In a food processor grind sunflower seeds. Add quinoa flakes (or bread crumbs), cooked lentils, mushroom mixture, mustard, olive oil, and fresh ground black pepper. Pulse to blend. You may need to help this process by stirring once in a while. Avoid adding too much liquid – the mixture should be really thick. Season to taste.
- Pit and roughly chop olives. Add to the food processor and stir to combine (you want them to remain in fairly large chunks).
- **Let mixture sit in refrigerator for 20 minutes (this is important, it will help them set)**

- After 20 min, form 8 balls with the mixture, keep them on the smaller side. Press to flatten into patties. Press around the outside edge to prevent them from cracking.
- Preheat oven to 425.
- Take a saute pan - heat oil over high heat, cook patties on one side until browned (4-6 min), then flip and cook on opposite side.
- Line a baking sheet with parchment paper, and place patties on parchment paper. Cook for 15 minutes
- Serve over a pile of greens with cashew garlic sauce

Cashew Garlic Sauce

½ cup raw cashews, soaked for at least 4 hours

Scant ½ cup water

1/2 small garlic clove

2 Tbsp extra virgin olive oil

4 Tbsp freshly squeezed lemon juice

2 Tbsp chives

½ tsp sea salt

Squirt honey or maple syrup

- Soak cashews for at least 4 hours, up to 12. Drain and rinse well.
- Add cashews to a food processor or blender, which ever is the most powerful. Add ½ clove garlic, all other ingredients and ¼ cup of water. Blend on high and add the remaining water in increments until the desired consistency is reached – not too thick, not too runny. Season to taste.