

Light and Tasty Veggie Burgers

Veggie burgers can be made with chickpeas, black beans, white beans, potatoes, lentils, and pretty much any other vegetable that can be mashed and formed into a patty. And made right, they're delicious—but fragile.

Even with binders like breadcrumbs, oats, egg whites, or farina, veggie burger patties tend to be delicate things that don't fare well on the grill. Unless you're using whole portobello mushrooms as the "patties," you're likely to have more success cooking your veggie burgers on the stovetop or under the broiler, then flipping them very carefully when the time comes.



www.cookinglight.com/food/vegetarian/veggie-burger-recipes-00412000067566/

See recipes on the following pages for these vegetarian burgers:

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Open-Faced Falafel Burgers

Yield: 6 servings (serving size: 1 burger)

Ingredients

Sauce:

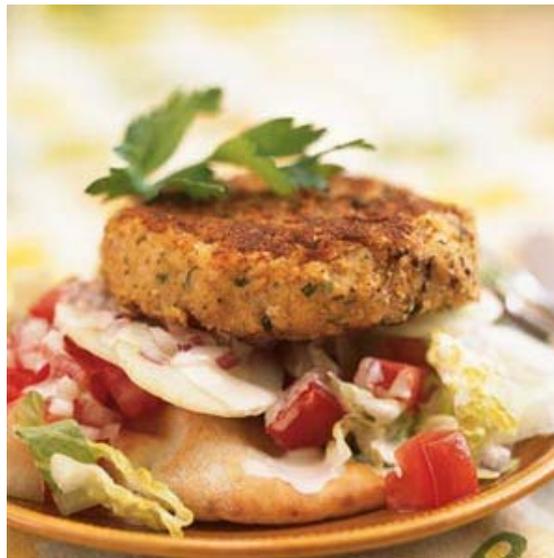
- 1 cup hot water
- 1/4 cup tahini (sesame-seed paste)
- 3 tablespoons fresh lemon juice
- 1/8 teaspoon salt
- 2 garlic cloves, minced

Patties:

- 1 cup chopped red onion
- 1/2 cup chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 2 (15 1/2-ounce) cans chickpeas (garbanzo beans), drained
- 4 garlic cloves, minced
- 1/2 cup dry breadcrumbs, divided
- 4 teaspoons olive oil, divided

Remaining ingredients:

- 6 mini pitas (about 5 inches wide)
- 3 cups chopped romaine lettuce
- 2 cups chopped tomato
- 2 cups sliced peeled cucumber
- 1/2 cup finely chopped red onion



Preparation

1. To prepare sauce, combine the first 5 ingredients in a blender, and process until smooth.
2. To prepare patties, combine 1 cup onion and next 7 ingredients (through 4 garlic cloves) in a food processor, and process until smooth, scraping sides of bowl occasionally.
3. Place bean mixture in a large bowl; stir in 1/4 cup breadcrumbs.
4. Divide bean mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
5. Place remaining 1/4 cup breadcrumbs in a shallow dish.
6. Dredge patties in breadcrumbs.
7. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
8. Add 3 patties to pan; cook 3 minutes on each side or until browned.
9. Repeat procedure with remaining 2 teaspoons oil and patties.
10. Warm mini pitas according to package directions. Place 1 pita on each of 6 plates.
11. Top each serving with 1/2 cup lettuce, 1/3 cup tomato, 1/3 cup cucumber, and 4 teaspoons onion.
12. Drizzle each serving with about 3 tablespoons sauce; top each serving with 1 patty.

Nutritional Information

- Calories: 437 (24% from fat)
- Fat: 11.6g (sat 1.7g, mono 4.1g, poly 4.6g)
- Protein: 14.8g
- Carbohydrate: 70.8g
- Fiber: 9.1g
- Cholesterol: 0.0mg
- Iron: 4.7mg
- Sodium: 903mg
- Calcium: 159mg

WOW Tip:
Reduce the sodium content
in this recipe by using only half (or less)
of the recommend salt

Red-Lentil Burgers with Aioli

Yield: 6 servings

Ingredients

Aioli:

- 1/4 cup light mayonnaise
- 1/2 teaspoon fresh lemon juice
- 1 garlic clove, minced

Burgers:

- 2 cups water
- 3/4 cup dried red lentils
- 3/4 teaspoon salt, divided
- Cooking spray
- 1 cup diced onion
- 1/2 cup finely diced carrot
- 3 garlic cloves, chopped
- 2 cups chopped mushrooms
- 1 teaspoon dried marjoram
- 1/4 teaspoon black pepper
- 3 tablespoons Madeira (optional)
- 1/3 cup dry breadcrumbs
- 1 tablespoon fresh lemon juice
- 2 large egg whites
- 1 tablespoon vegetable oil

Remaining ingredients:

- 6 (1 1/2-ounce) hamburger buns
- Arugula or curly lettuce leaves
- 6 (1/4-inch-thick) slices tomato
- 6 (1/8-inch-thick) slices onion



Preparation

1. To prepare aioli, combine first 3 ingredients; cover and refrigerate.
2. To prepare burgers, combine water, lentils, and 1/4 teaspoon salt in a medium saucepan; bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes. Drain; set aside.
3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add the onion, carrot, and 3 garlic cloves; sauté for 3 minutes. Add 1/2 teaspoon salt, mushrooms, marjoram, and pepper; cook 3 minutes, stirring occasionally. Add wine; cook 1 minute or until liquid almost evaporates. Place onion mixture in a large bowl; let stand 5 minutes. Add the lentils, breadcrumbs, 1 tablespoon lemon juice, and egg whites. Cover and chill 30 minutes (to help firm up the mixture).
4. Divide the lentil mixture into 6 equal portions, shaping each portion into a 1/2-inch-thick patty. Heat the vegetable oil in a nonstick skillet over medium heat. Add lentil patties, and cook for 5 minutes on each side.
5. Line the bottom half of each hamburger bun with an arugula or lettuce leaf, and top each bun half with a burger, 2 teaspoons aioli, 1 tomato slice, 1 onion slice, and the top half of the bun.

Nutritional Information

- Calories: 324 (23% from fat)
- Fat: 8.1g (sat 1.6g, mono 2g, poly 3.9g)
- Protein: 13.9g
- Carbohydrate: 48.3g
- Fiber: 5.8g
- Cholesterol: 3mg
- Iron: 4.6mg
- Sodium: 688mg
- Calcium: 109mg

WOW Tip:
Reduce the sodium content
in this recipe by using only half (or less)
of the recommend salt

Quick Black Bean Burger

Serve on a bun with a hot sauce-spiked ketchup, spinach leaves, tomato slice, a slice of Monterey Jack cheese, avocado slices, and onion.

Yield: 4 patties (serving size: 1 patty)

Ingredients

- 1 (2-ounce) hamburger bun, torn into pieces
- 3 tablespoons olive oil, divided
- 2 teaspoons chopped garlic
- 1 (15.25-ounce) can black beans, rinsed and drained
- 1 teaspoon grated lime rind
- 3/4 teaspoon chili powder
- 1/2 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten



Preparation

1. Place bun in a food processor; process 4 times or until crumbs 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. Stir in rind and remaining ingredients. 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.

Nutritional Information

- Calories: 182
- Fat: 12.3g (sat 1.3g,mono 6.7g,poly 3.6g)
- Protein: 6.6g
- Carbohydrate: 15.6g
- Fiber: 4.6g
- Cholesterol: 53mg
- Iron: 2mg
- Sodium: 448mg
- Calcium: 103mg

WOW Tip:
Reduce the sodium content
in this recipe by using only half (or less)
of the recommend salt

Lentil-Barley Burgers with Fiery Fruit Salsa

Use leftover cooked pearl barley with lentils, veggies, and seasonings for a hearty main-dish burger sans the bun. Fruit salsa adds bright flavors. Serve with lime wedges for added zest.

Yield: 4 servings (serving size: 2 patties and 1/4 cup salsa)

Ingredients

Salsa:

- 1/4 cup finely chopped pineapple
- 1/4 cup finely chopped mango
- 1/4 cup finely chopped tomatillo
- 1/4 cup halved grape tomatoes
- 1 tablespoon fresh lime juice
- 1 serrano chile, minced

Burgers:

- 1 1/2 cups water
- 1/2 cup dried lentils
- Cooking spray
- 1 cup chopped onion
- 1/4 cup grated carrot
- 2 teaspoons minced garlic
- 2 tablespoons tomato paste
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon dried oregano
- 1/2 teaspoon chili powder
- 3/4 teaspoon salt, divided
- 3/4 cup cooked pearl barley
- 1/2 cup panko (Japanese breadcrumbs)
- 1/4 cup finely chopped fresh parsley
- 1/2 teaspoon coarsely ground black pepper
- 2 large egg whites
- 1 large egg
- 3 tablespoons canola oil, divided



Preparation

1. To prepare salsa, combine first 6 ingredients; cover and refrigerate.
2. To prepare burgers, combine 1 1/2 cups water and lentils in a saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until lentils are tender. Drain. Place half of lentils in a large bowl. Place remaining lentils in a food processor; process until smooth. Add processed lentils to whole lentils in bowl.
3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and carrot; sauté 6 minutes or until tender, stirring occasionally. Add garlic; cook 1 minute, stirring constantly. Add tomato paste, cumin, oregano, chili powder, and 1/4 teaspoon salt; cook 1 minute, stirring constantly. Add onion mixture to lentils. Add remaining 1/2 teaspoon salt, barley, and next 5 ingredients (through egg); stir well. Cover and refrigerate 1 hour or until firm.
4. Divide mixture into 8 portions, shaping each into a 1/2-inch-thick patty. Heat 1 1/2 tablespoons oil in a large nonstick skillet over medium-high heat. Add 4 patties; cook 3 minutes on each side or until browned. Repeat procedure with remaining 1 1/2 tablespoons oil and 4 patties. Serve with salsa.

Nutritional Information

- Calories: 315
- Fat: 12.8g (sat 1.2g,mono 6.8g,poly 3.5g)
- Protein: 12.8g
- Carbohydrate: 39.2g
- Fiber: 9.5g
- Cholesterol: 53mg
- Iron: 3.9mg
- Sodium: 539mg
- Calcium: 60mg

WOW Tip:
Reduce the sodium content
in this recipe by using only half (or less)
of the recommend salt

Hominy-Pinto Burgers with Roasted Poblano Chiles

For an easy side, combine fresh corn, chopped avocado, red onion, cilantro, and fresh lime juice. If you can't find masa harina for the burger mixture, substitute dry polenta or cornmeal

Yield: 4 servings (serving size: 1 burger)

Ingredients

- 2 poblano chiles
- Cooking spray
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1/4 teaspoon salt
- 1 (15.5-ounce) can pinto beans, rinsed and drained
- 1 (15-ounce) can hominy, rinsed and drained
- 3/4 cup masa harina, divided
- 1 tablespoon canola oil
- 3/4 cup (3 ounces) shredded Monterey Jack cheese with jalapeño peppers
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons low-sodium salsa
- 4 (1 1/2-ounce) whole wheat hamburger buns, toasted



Preparation

1. Preheat broiler.
2. Place chiles on a foil-lined baking sheet; broil 3 inches from heat 8 minutes or until blackened and charred, turning after 6 minutes.
3. Place in a heavy-duty plastic bag; seal. Let stand 15 minutes. Peel and discard skins. Cut each chile lengthwise into 4 strips; discard seeds.
4. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
5. Add onion and garlic; sauté 5 minutes. Place onion mixture, salt, beans, and hominy in a food processor; pulse until coarsely ground. Combine bean mixture and 1/2 cup masa in a medium bowl.
6. Divide bean mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Place remaining 1/4 cup masa in a shallow dish; dredge patties in masa.
7. Heat oil in skillet over medium heat. Add patties to pan; cook 4 minutes. Turn patties over.
8. Top each patty with 3 tablespoons cheese; cook 4 minutes.
9. Combine sour cream and salsa in a small bowl. Spread 1 tablespoon sour cream mixture on top half of each bun.
10. Place patties on bottom halves of buns; top each serving with 2 pepper strips. Cover with tops of buns.

Nutritional Information

- Calories: 475 (27% from fat)
- Fat: 14.4g (sat 4.8g, mono 4.9g, poly 2.5g)
- Protein: 18.8g
- Carbohydrate: 71.5g
- Fiber: 11g
- Cholesterol: 25mg
- Iron: 4.9mg
- Sodium: 864mg
- Calcium: 234mg

WOW Tip:
Reduce the sodium content
in this recipe by using only half (or less)
of the recommend salt

Corn and Two-Bean Burgers with Chipotle Ketchup

The sweet-smoky-spicy ketchup in this recipe adds a decidedly Southwestern flavor, and also pairs quite well with sweet potato fries. Other toppings, though, could take the patties in a totally different direction: Try a spicy brown mustard or pesto mayonnaise. Chipotle chile powder adds a smoky Southwestern note.

Yield: 4 servings (serving size: 1 burger)

Ingredients

Burger:

- 2 tablespoons olive oil
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup dry breadcrumbs
- 1/4 cup canned whole-kernel yellow corn, drained
- 1/4 cup pre-chopped onion
- 1 large egg

Ketchup:

- 1/3 cup ketchup
- 1 teaspoon honey
- 1 teaspoon lime juice
- 1/2 teaspoon chipotle chile powder
- 1/2 teaspoon ground cumin

Remaining ingredients:

- 4 (2-ounce) Kaiser rolls or hamburger buns
- 4 lettuce leaves (optional)
- 4 (1/4-inch-thick) slices tomato (optional)



Preparation

To prepare burgers:

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Combine kidney beans and black beans in a large bowl; partially mash with a fork.
3. Add breadcrumbs, corn, onion, and egg; stir until well blended.
4. Form bean mixture into 4 (1/2-inch-thick) patties.
5. Add patties to pan; cook 4 minutes on each side or until crisp and beginning to brown.

To prepare ketchup:

1. Combine ketchup, honey, lime juice, chile powder, and cumin, stirring with a whisk.
2. Spread 1 tablespoon ketchup on bottom half of each bun; top each serving with a patty, 1 lettuce leaf and 1 tomato slice (if desired), and top half of bun.

Nutritional Information

- Calories: 447 (25% from fat)
- Fat: 12.6g (sat 2.8g, mono 7g, poly 1.6g)
- Protein: 17.9g
- Carbohydrate: 68.8g
- Fiber: 11.2g
- Cholesterol: 53mg
- Iron: 5mg
- Sodium: 979mg
- Calcium: 130mg

WOW Tip:
Reduce the sodium content
in this recipe by selecting canned beans and
corn with no added salt.

Grilled Lemon-Basil Tofu Burgers

Tofu makes a filling and tasty burger! This vegetarian protein source is full of heart-healthy fats and, like all veggies, is cholesterol-free. Marinated tofu slices acquire a golden crust when grilled; the olive-garlic mayonnaise on the sandwich adds a Mediterranean flavor. Serve with grilled asparagus.

Yield: 6 servings (serving size: 1 burger)

Ingredients

- 1/3 cup finely chopped fresh basil
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 teaspoons grated lemon rind
- 1/4 cup fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 garlic cloves, minced and divided
- 1 pound firm or extra firm tofu, drained
- Cooking spray
- 1/3 cup finely chopped pitted kalamata olives
- 3 tablespoons reduced-fat sour cream
- 3 tablespoons light mayonnaise
- 6 (1 1/2-ounce) hamburger buns
- 6 (1/4-inch-thick) slices tomato
- 1 cup trimmed watercress



Preparation

1. Combine first 8 ingredients and 3 garlic cloves in a small bowl.
2. Cut tofu crosswise into 6 slices.
3. Pat each square dry with paper towels.
4. Place tofu slices on a jelly-roll pan. Brush both sides of tofu slices with lemon juice mixture; reserve remaining juice mixture. Let tofu stand 1 hour.
5. Prepare grill.
6. Place tofu slices on grill rack coated with cooking spray; grill for 3 minutes on each side. Brush tofu with the reserved juice mixture.
7. Combine remaining 1 minced garlic clove, chopped olives, sour cream, and mayonnaise in a small bowl; stir well.
8. Spread about 1 1/2 tablespoons mayonnaise mixture over bottom half of each hamburger bun; top each serving with 1 tofu slice, 1 tomato slice, about 2 tablespoons watercress, and top half of bun.

Nutritional Information

- Calories:276 (37% from fat)
- Fat:11.3g (sat 1.9g,mono 5.7g,poly 2.2g)
- Protein:10.5g
- Carbohydrate:34.5g
- Fiber:1.5g
- Cholesterol:5mg
- Iron:2.4mg
- Sodium:743mg
- Calcium:101mg

**Reduce the sodium content
in this recipe by using only half
(or less) of the recommend salt**

**Note: Mayonnaise, mustard,
olives and sour cream
also contain sodium**

Portobello Burgers

Meaty and versatile, marinated portobello mushrooms make great burgers. Because of the portobello's firm texture, these burgers will please both vegetarians and nonvegetarians alike. Half of a roasted bell pepper is stirred into mayonnaise for the sandwich spread. Use the leftover bell pepper as a pizza topping, or in a salad or a pasta dish.

Yield: 4 servings

Ingredients

- 1/4 cup low-sodium soy sauce
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 4 (4-inch) portobello mushroom caps
- 1 small red bell pepper
- Cooking spray
- 1/4 cup low-fat mayonnaise
- 1/2 teaspoon olive oil
- 1/8 teaspoon ground red pepper
- 4 (2-ounce) onion sandwich buns
- 4 (1/4-inch-thick) slices tomato
- 4 curly leaf lettuce leaves



Preparation

1. Combine first 4 ingredients in a large zip-top plastic bag; add mushrooms to bag. Seal and marinate at room temperature for 2 hours, turning bag occasionally.
2. Remove mushrooms from bag; discard marinade.
3. Prepare grill to medium heat.
4. Cut bell pepper in half lengthwise; discard seeds and membranes.
5. Place pepper halves on grill rack coated with cooking spray; grill 15 minutes or until blackened, turning occasionally. Place in a zip-top plastic bag; seal.
6. Let stand 10 minutes.
7. Peel. Reserve 1 pepper half for another use.
8. Finely chop 1 pepper half; place in a small bowl.
9. Add mayonnaise, 1/2 teaspoon oil, and ground red pepper; stir well.
10. Place mushrooms, gill sides down, on grill rack coated with cooking spray; grill 4 minutes on each side.
11. Place buns, cut sides down, on grill rack coated with cooking spray; grill 30 seconds on each side or until toasted. Spread 2 tablespoons mayonnaise mixture on top half of each bun.
12. Place 1 mushroom on bottom half of each bun.
13. Top each mushroom with 1 tomato slice and 1 lettuce leaf; cover with top halves of buns.

Nutritional Information

- Calories: 251 (30% from fat)
- Fat: 8.4g (sat 2.3g, mono 3.7g, poly 2.1g)
- Protein: 7.3g
- Carbohydrate: 37.9g
- Fiber: 2.4g
- Cholesterol: 0.0mg
- Iron: 2.2mg
- Sodium: 739mg
- Calcium: 81mg

Reduce the sodium content in this recipe by using only half (or less) of the recommended soy sauce.

Note: Mayonnaise also contains sodium

Middle Eastern Chickpea Miniburgers

Serve each burger on a whole-grain slider bun with lettuce, crisp radish slices, roasted red bell pepper, and canola-based mayonnaise. Two burgers per person!

Yield: 3 servings (serving size: 2 patties)

Ingredients

- 1 (8-ounce) red potato
- 3 tablespoons olive oil, divided
- 1 teaspoon minced garlic
- 1 (15.5-ounce) can chickpeas (garbanzo beans), rinsed, drained, and divided
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon grated lemon rind
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon freshly ground black pepper
- large egg whites, lightly beaten



Preparation

1. Place potato in a saucepan; cover with water.
2. Bring to a boil; cook 20 minutes or until very tender.
3. Drain. Cool slightly.
4. Coarsely chop, and place in medium bowl. Add 1 tablespoon oil and garlic to bowl; mash potato mixture with a potato masher until slightly chunky.
5. Remove 3 tablespoons chickpeas; place in a small bowl.
6. Add remaining chickpeas to potato mixture; mash until well blended.
7. Stir in remaining 3 tablespoons whole chickpeas, parsley, and remaining ingredients.
8. With moistened hands, divide mixture into 6 equal portions (about 1/3 cup mixture per portion), shaping each into a 3-inch patty.
9. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
10. Add 3 patties to pan; reduce heat to medium, and cook 4 minutes or until bottoms are golden.
11. Carefully turn patties over; cook 3 minutes or until bottoms are golden and patties are set.
12. Repeat procedure with remaining 1 tablespoon oil and 3 patties.

Nutritional Information

- Calories: 308
- Fat: 16.2g (sat 1.9g, mono 10.9g, poly 3g)
- Protein: 9g
- Carbohydrate: 32.9g
- Fiber: 6.5g
- Cholesterol: 0.0mg
- Iron: 2.6mg
- Sodium: 716mg
- Calcium: 54mg

**Reduce the sodium content
in this recipe by using only half
(or less) of the recommend salt**

Chickpea, Carrot, Potato, Spinach Veggie Burgers

These tender vegetable patties are meant to be soft. Prepare through step two the day before since the mixture is easier to work with once its has been refrigerated overnight and the flavors have had time to marry. Amchur (or amchoor) powder is a tart green mango-based seasoning. Omit if you can't find it. Serve with Fiery Tomato Chutney.

Yield: 8 servings (serving size: 1 stuffed pita half)

Ingredients

- 1 cup canned chickpeas (garbanzo beans), rinsed and drained
- 1 cup chopped fresh cilantro
- 1/2 cup coarsely chopped carrot
- 1 teaspoon Garam Masala
- 1 teaspoon amchur powder
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground red pepper
- 1 jalapeño, seeded and quartered
- 2 pounds peeled red potatoes, cut into 2-inch pieces
- 1/4 cup coarsely chopped red onion
- 1 cup dry breadcrumbs
- 2 tablespoons extra virgin olive oil
- 2 2/3 cups spinach
- 4 (6-inch) whole-grain pitas, cut in half
- 8 red onion slices



Preparation

1. Combine first 9 ingredients in the bowl of a food processor; process until finely chopped.
2. Place potatoes in a large saucepan; cover with water. Bring to a boil; cook 13 minutes.
3. Add onion, and cook for 2 minutes or until potatoes are tender.
4. Drain; cool 10 minutes.
5. Place potato mixture in a large bowl; mash with a potato masher or fork.
6. Stir in chickpea mixture and breadcrumbs; cover and chill 8 hours or overnight.
7. Divide potato mixture into 8 equal portions, shaping each portion into a 1/2-inch-thick patty (about 2/3 cup mixture).
8. Heat 1 tablespoon oil in a large skillet over medium heat.
9. Add 4 patties to pan; cook 5 minutes on each side or until browned and heated through.
10. Repeat procedure with remaining 1 tablespoon oil and 4 patties.
11. Place 1/3 cup spinach and 1 patty in each pita half.
12. Top each serving with 1 onion slice.

Nutritional Information

- Calories: 292 (18% from fat)
- Fat: 5.7g (sat 0.8g, mono 2.9g, poly 1.3g)
- Protein: 9.7g
- Carbohydrate: 51.8g
- Fiber: 7.1g
- Cholesterol: 0.0mg
- Iron: 3.1mg
- Sodium: 675mg
- Calcium: 58mg

**Reduce the sodium content
in this recipe by using only half
(or less) of the recommend salt.**

Mushroom-Edamame

Prep Time: 20 minutes

Other: 25 minutes

Yield: 4 servings

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely diced
- 2 garlic cloves, chopped
- 3 portobello mushrooms (about 1 pound), cleaned and cut into 1/4-inch dice
- 2 teaspoons kosher salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon tomato paste
- 1 1/2 cups frozen shelled edamame, defrosted and blanched
- 1/4 cup packed fresh parsley leaves
- 1 egg
- 1/2 cup plain bread crumbs
- 4 brioche or hamburger buns, toasted



Preparation

1. Heat oven to 400° F.
2. Heat the oil in a large skillet over medium heat.
3. Add the onion, garlic, mushrooms, salt, and pepper, and cook until lightly browned, about 5 minutes. Add the tomato paste and cook for 1 minute.
4. Remove from heat and place half the mixture in a food processor. Place the other half of the mixture in a large bowl and set aside.
5. Add the edamame and parsley to the processor and pulse until the mixture is fine.
6. Transfer to the bowl containing the original mushroom mixture, add the egg and bread crumbs, and mix well. Form into 4 patties and place on a lightly greased sheet pan.
7. Place the burgers in the oven and bake for 20 minutes.
8. Serve on the buns, topped with sprouts, lettuce, and tomato, if desired.

Nutritional Information

- Calories: 441 (1% from fat)
- Fat: 25g (sat 9g)
- Protein: 16mg
- Carbohydrate: 40g
- Fiber: 7g
- Cholesterol: 144mg
- Iron: 3mg
- Sodium: 1309mg
- Calcium: 78mg

**Reduce the sodium content
in this recipe by using only
one-quarter (or less)
of the recommend salt**