



Ultimate Beet Burger with fresh Microgreens

HEARTY RECIPE

Ingredients

Burger Patty:

- 2 cups of cubed beets
- 1 cup red quinoa (cooked)
- 1 egg
- 2 garlic cloves
- 2 tbsp wholemeal breadcrumbs
- 1 tbsp flax seeds
- 1 tsp melted coconut oil
- 1/2 cup chopped pea shoots
- 1 tbsp olive oil
- salt & pepper to taste

Avocado Dressing:

- 1 ripe avocado
- 2 tbsp tahini paste
- 3 tbsp lime juice
- 1 grated garlic clove (make into a paste)
- salt & pepper to taste

Fixings for Assembly:

- 6-8 buns whole wheat or your favorite
- pickle sliced
- micro radish for a little spice
- rainbow mix microgreens
- anything else you like!



Directions

This hearty and healthy burger is easy and sure to be a crowd pleaser all summer long. For the meat eaters in your family use a beef patty and add the avocado dressing and microgreens.



Beet Patties:

Preheat oven to 375° F or Grill at High Heat.

1. Place beets on a lined baking sheet, run with olive oil, and roast for 30 minutes or until tender.
2. Once cooled transfer to a food processor and pulse two to three times until it is a creamy texture. It needs to be thick enough to make a patty.
3. Transfer beets to a large mixing bowl and add all burger ingredients listed above (quinoa, garlic, egg, breadcrumbs, flax seed, coconut oil, pea shoots, salt, pepper, & olive oil)
4. Shape into patties. If too wet, add more breadcrumbs.
5. Bake in the oven for 15 minutes or grill until firm and slightly browned around the edges.

Dressing:

1. Take all ingredients and blend in the food processor or blender until smooth and creamy! Make extra to use all week long in other recipes!

Assembly:

1. Place the bottom bun down first
2. Add dressing, then patty, another dollop of dressing
3. Add fresh micro radish if you like spice, rainbow mix to top it all off, and then the top bun.
4. Eat and Enjoy!

