



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Garam Masala Quinoa Burger with Raita

Ingredients:

- 1 cup cooked garbanzo beans
- 1/2 cup cooked quinoa
- 1/4 cup chopped kale
- 1/4 cup peeled and chopped onion
- 1 small boiled potato
- 1/2 teaspoon garam masala
- 1/2 teaspoon ground cumin
- 1/4 teaspoon peeled and grated fresh ginger
- 1 garlic clove, peeled and minced
- 1/4 teaspoon grated serrano chile pepper
- 1/4 cup panko breadcrumbs
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1/2 cup Greek yogurt
- 1/4 cup grated cucumber
- 4 whole-wheat buns
- Sliced tomatoes
- Baby spinach leaves

Directions:

1. Coarsely chop the garbanzo beans in a food processor or by hand. In a large bowl, combine the chopped garbanzo beans with the quinoa, kale, onion, potato, garam masala, cumin, ginger, garlic, Serrano chile pepper, and breadcrumbs. Season to taste with salt and pepper. Stir the mixture thoroughly and form into 4 round patties.
2. In a large sauté pan, heat the olive oil over medium heat. Add the patties and cook, flipping once, 5 minutes per side, or until brown and crispy.
3. Meanwhile, in a small bowl, combine the yogurt and cucumber. Season to taste with salt and pepper.
4. To assemble the sandwiches, place the patties on the whole-wheat buns, and top with the raita, tomato, and spinach leaves.

Serves 4

379 calories, 11 g fat, 58 g carbohydrate, 10 g fiber, 15 g protein, 550 mg sodium

Source: *What's Cooking? USDA Mixing Bowl*

