

Quinoa Burgers

Makes 8 patties

1 cup uncooked quinoa, rinsed
2 cups water
1 cup finely chopped yellow onion
2 large garlic cloves, minced
1 tablespoon extra virgin olive oil, more for browning
1 cup Panko breadcrumbs
2 large eggs, beaten
2 tablespoons soy sauce
1 teaspoon sesame oil
½ teaspoon granulated sugar
1-2 tablespoons minced chives, parsley or cilantro

Serve with: Hamburger buns and your favorite hamburger toppings

Preheat the oven to 375 degrees. In a medium saucepan, combine the quinoa and water and bring to a boil. Reduce the heat to a simmer and cover. Cook the quinoa for 15 to 20 minutes or until tender, but still chewy. Remove from the heat and allow the quinoa to sit for 5 minutes. Scoop the quinoa out of the saucepan and let it cool in a fine mesh strainer. Place the cooled quinoa in a large mixing bowl.

Heat the extra virgin olive oil in a medium skillet over medium heat. Add the onion and cook for about 8 minutes or until onions begin to brown along the edges. Stir in the minced garlic and cook for another 30 seconds or until fragrant. Remove the skillet from the heat and allow the mixture to cool.

Add the garlic and onion to the quinoa with the Panko breadcrumbs, eggs, soy sauce, sesame oil, sugar, and minced herbs. Take a tablespoon of the mixture and form it into a small patty. The patty should just hold together. If mixture is too wet, add more breadcrumbs. If mixture is too dry, add a little more egg.

Coat the bottom of a medium skillet in a thin film of olive oil and heat over medium-high heat. Cook the small patty for two minutes on each side until cooked through. Allow to cool and then taste for seasoning. Adjust the seasoning as needed and then shape the remaining quinoa mixture into 8 patties that are about 3-inches wide and ½-inch thick. Set aside.

Add more olive oil to the skillet, if needed (you need just enough to coat the bottom of the skillet with a thin film), and heat until hot. Add half the patties to the skillet and brown on each side for about 1 to 2 minutes. I like to take the patties just past golden brown to give the patties a crunchy texture on the exterior. Remove the browned patties to a baking sheet and brown the remaining 4 patties. Once all of the patties have been browned, place them in the oven on the baking sheet and bake

This recipe came from *Minced* blog at www.mincedblog.com.

for 8 to 10 minutes until cooked through. Serve immediately on hamburger buns with your favorite toppings. Enjoy!