



Fit & Flavorful
The Beet Burger

Recipe from Executive Chef Tim Cockram



Calories: 132 Protein: 6.5g Carbohydrates: 24.3g Total Fat: 2.3g
Saturated Fat: 0.2g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 293.2mg Fiber: 6.7g

Yield: Approx. 11 servings (1patty (6 oz) per serving)

MC Healthy Weight Pyramid serving: ½ protein, 1 carbohydrate, 1 vegetable

<u>Ingredients</u>	1 teaspoon cumin
3 large red beets (about 1 pound)	½ teaspoon coriander
1 tablespoon canola oil	½ teaspoon dried thyme
4 cloves garlic, minced	¼ cup barley flour
1 cup yellow onion, diced small	Chia Gel – (1 tablespoon Chia seeds mixed with 3 tablespoons water)
2 tablespoons cider vinegar	
2 cups canned black beans, rinsed & drained	
½ milled (cooked)	
1 cup portabella mushrooms, diced	
1 tablespoon smoked paprika	<u>Creative Additions</u>
2 teaspoons brown mustard	¼ cup Hummus

Preparation

Heat oven to 400. Wrap the beets loosely in aluminum foil and roast until easily pierced with a fork, 50 to 60 minutes. Set aside to cool. Heat oil in a skillet over medium-high heat. Add the garlic and cook until it is fragrant, about 30 seconds. Add onions and cook on medium for 10 to 12 minutes until dark and caramelized. Pour in the cider vinegar and scrape up the fond. Continue to simmer until the cider has evaporated and the pan is nearly dry again. Remove from heat and set aside to cool. Split the beans in half, pulse on half in a food processor. Place the other half in a large bowl. Use the edge of a spoon or a paper towel to scrape the skins off the cooled roasted beets; the skins should slip off easily. Grate the peeled beets on the largest holes of a box grater. Transfer the beet gratings to a strainer set over the sink. Press and squeeze the beet gratings to remove as much liquid as possible from the beets. *Note: you can do this over a bowl and save the beet juice for another purpose.* Transfer the squeezed beets, cooked millet, sautéed onions, and mushrooms to the bowl with the beans. Sprinkle the smoked paprika, brown mustard, cumin, coriander and thyme over the top of the mixture. Mix all the ingredients until combined. Taste the mixture and add pepper, or any additional spices or flavorings to taste. Finally, add the barley flour and Chia gel and mix until you no longer see any flour. Form the mixture in to 11 patties – approximately 6 ounces per patty. Bake at 350 for 15 minutes. Serve burger on a whole wheat bun and to with fresh greens and hummus. Enjoy!