

# QUINOA & BLACK BEAN BURGER



## INGREDIENTS

- ½ Cup Quinoa
- 1 15oz. Can Black Beans
- 3 Scallions
- 1 Sm. Yellow Onion
- 1 Red Pepper
- 2 Tbl. Shallots
- 1 Cup Panko Breadcrumbs
- 2 Lg. Eggs
- 3 Tbl. Olive Oil
- 1 Tsp Cumin
- ½ Tsp. Salt & Pepper

## INSTRUCTIONS

Add quinoa to 1 cup water, bring to a boil, reduce to low heat cover and cook for 12-14 minutes. Remove from stove fluff with fork cover with towel let sit for 10 minutes. Move to a plate and refrigerate for 20 minutes.

Cut onion, pepper and shallots in a small dice, cut scallions on a bias. In pan add 1tbl olive oil and vegetables. Sauté until soft (5 minutes), let cool. Drain black beans and place in bowl and roughly mash. Add quinoa, vegetable mixture, breadcrumbs and 1 tbl. olive oil. Scramble eggs and add, fold mixture by hand. Make 6 patties and refrigerate for 15 minutes.

Add 1 tbl. oil to skillet, heat, place patties and cook each side until golden brown ready to serve. Excellent with a tarragon mayonnaise.

*Makes 8 large burgers.*

