

The Better Than Beyond Burger

8 Servings

This burger is the best! A baked meatless meat-lover's burger, is a full-flavor burger with the perfect combination of toasted pecans, mushrooms, aged Cheddar, herbs and red quinoa. These patties hold together well for freezing, making for a quick and easy meal. **T** They can also be fried in an oiled skillet or grilled on a barbecue using a BBQ silicone mat or baking sheet.

1 cup	water
½ cup	red quinoa
1 Tablespoon	grapeseed oil or vegetable oil
1 cup	diced onions
2 cups	finely chopped cremini or white button mushrooms
1 teaspoon	minced garlic
¾ tsp	dried marjoram
¼ tsp	dried oregano
1	large egg
2/3 cup	shredded reduced-fat aged Cheddar cheese
½ cup	toasted pecans, finely chopped
1/3 cup	quick-cooking rolled oats
1 Tablespoon	sodium-reduced soy sauce or tamari

1. Preheat the oven to 350 F.
2. Lightly grease a baking sheet or line with parchment
3. Combine the water and quinoa in a medium saucepan. Bring to a boil, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let sit, covered, for another 10 minutes. Fluff with a fork and set aside to cool.
4. Heat the oil in a large saucepan on medium heat. Add the onions and cook for about 5 minutes or until the onions start to become soft and transparent.
5. Add the mushrooms, garlic, marjoram and oregano; cook for another 5 minutes or until the mushrooms are tender. Set aside to cool.
6. In a medium bowl, beat the egg.
7. Add the quinoa, mushroom mixture, cheese, toasted pecans, oats and soy sauce.
8. Scoop ½ cup portions of the mixture onto the baking sheet and shape into 8 or 9 patties, 1 inch thick, leaving 1 inch between them.

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9. Bake for 27 to 30 minutes, until slightly browned and crispy.
10. Serve with your favourite garnishes.

Per serving:

Energy 150 calories

Protein 7 g

Carbohydrates 13 g

Dietary Fiber 2 g

Fat 9 g

Sugar 2 g

Sodium 130 mg

Note:

- To toast nuts, preheat the oven to 350 F. Spread the nuts on a baking sheet and toast in the oven, stirring once if necessary, for 5 to 7 minutes, until fragrant and lightly toasted.

From: Quinoa Revolution: Over 150 Healthy, Great-Tasting Recipes Under 500 Calories,
Patricia Green & Carolyn Hemming