

MINI AMARANTH VEGGIE BURGERS

Serves 12-13, two-ounce mini burgers

Prep Time: 15 minutes Cook Time: 50 minutes Total Time: 1 hour 5 minutes

Ingredients

2 cups cooked drained lentils (see cooking instructions below or use canned)
½ cup dry amaranth
1 tablespoon olive oil
½ cup onion, finely diced (about half a medium onion)
1 large carrot, peeled and grated
¼ teaspoon celery seeds
½ cup quick or instant oats (or old-fashioned oats pulsed in a food processor)
2 tablespoons ketchup
2 tablespoons nutritional yeast flakes
½ teaspoon salt, or to taste
½ cup toasted sunflower seeds



Source: <http://www.thedailygreen.com/healthy-eating/recipes/vegan-mini-veggie-burgers-102709>
Photograph By: Jennifer McCann

Lentils:

To cook the lentils, add 1 cup dry lentils to 3 cups boiling water and cook until the lentils are soft, about 30 minutes. Drain, measure out 2 cups of lentils and place them in a large mixing bowl.

Amaranth: *Do this step while the lentils cook to save time!

Add the amaranth to 1 cup boiling water. Lower the heat and cook, covered, until the amaranth is cooked and all the water is absorbed, about 25 minutes. Add the cooked amaranth to the mixing bowl.

Burgers:

Preheat the oven to 350 degrees F. Line a baking pan with parchment paper and spray with nonstick spray. Set aside.

Heat the olive oil in a nonstick or cast-iron skillet over medium heat and sauté the onion, carrot, and celery seeds until the carrot is soft, about 8 minutes. Add to the mixing bowl along with the oats, ketchup, nutritional yeast flakes, and salt.

Grind the sunflower seeds into a coarse meal using a food processor. Add them to the mixing bowl and mix and mash everything together. Form mixture into 12-13 small patties, about 2 ¾ inches in diameter and ½ inch thick, and place them on the prepared baking sheet. Moisten your fingers with a bit of water to keep the mixture from sticking as you work.

Bake for 20 minutes, until dry on the top, then flip the patties over and bake for another 10 minutes, until firm and brown. Serve immediately or let cool completely before packing.

Nutritional Analysis

CAL: 98.15 kcal	CHO: 12.22 g	PRO: 4.42 g	Fat: 3.85 g	Chol: 0 mg
Calcium: 23.80 mg	Potassium: 88.16 mg	Sodium: 70.71 mg	Fiber: 3.78 g	

Adapted From:

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Original Recipe By: Jennifer McCann