

A Different Kind of Burger!!

Quinoa Burgers

Serves 6

Ingredients:

1/2 cup quinoa (2 cups cooked)
1 tsp. canola oil
1/2 package mushrooms, coarsely grated
1 cup zucchini, coarsely grated
3/4 cup carrot, coarsely grated
1 small shallot, minced
1 garlic clove, minced
1 egg, beaten
3 tbsp. cornstarch
1/4 tsp. salt
1/8 tsp. cayenne pepper



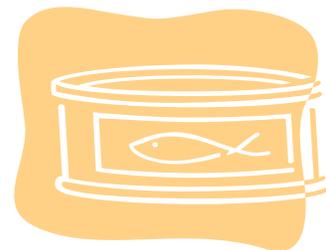
Rinse quinoa & cook in 1 cup water for 15 minutes or until water is absorbed. Set aside. Heat 1 tsp. canola oil in skillet; add mushrooms, zucchini, carrot, shallot and garlic. Cook until soft (5 mins). In bowl, add quinoa, cooked vegetables and rest of ingredients. Form 6 patties with mixture and cook 4 mins per side in skillet. Top with tahini paste (optional) and tomatoes. Serve with milk and side salad with chickpeas (cut into halves for children under age 4).

Tuna Burgers

Serves 4

Ingredients:

1 can flaked light tuna in water
1 Large egg
1 tsp. minced onion
1 small carrot
1/2 cup fine dry bread crumbs
1 tsp. dried parsley
1 tsp. lemon juice
Sprinkle salt
Sprinkle pepper
1 tsp. cooking oil

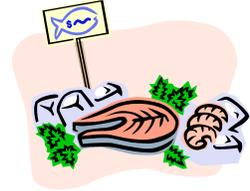


Blend 1 bread slice to make 1/2 cup bread crumbs. In bowl, beat egg with fork. Combine first 9 ingredients in bowl. Mix well. Form into 4 patties. Heat oil in skillet over medium heat. Cook patties for 2-4 minutes each side until golden brown. Serve with mayonnaise or mustard, tomato, lettuce on whole wheat bun. Serve with cucumbers and glass of milk.

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Salmon Cakes

Serves 10



Source: *The Pampered Chef: It's Good For You*

Ingredients:

2 cans (6 oz. each) skinless, boneless pink salmon packed in water, drained and flaked.

1/4 cup finely chopped red bell pepper

1/4 cup thinly sliced green onions with tops

1 tbsp. snipped fresh cilantro

3/4 cup dry bread crumbs, divided

1/3 cup low fat mayonnaise

1 egg white

Sauce:

1 Lime

1/4 cup plain yogurt

1/2 cup low fat mayonnaise

Prepare sauce to set in fridge until ready. Zest 2 teaspoons of lime peel & juice 2 teaspoons of lime juice. Combine zest, juice, yogurt and mayo in bowl. Mix and refrigerate.

Combine salmon, pepper, green onion, cilantro, 1 2/3 cup bread crumbs, mayo and egg white. Mix well. Sprinkle remaining 1/4 cup of bread crumbs onto plate. Form salmon mixture into 10 patties. Lay each patty into bread crumbs, tossing to coat.

Heat 1 tsp. oil in skillet over medium heat. Cook 3-4 minutes each side or until golden brown. Serve salmon cakes with salad or veggies. Dollop sauce on each salmon cake.

Broccoli Burgers

Serves 5

Ingredients:

2 large eggs, lightly beaten

1 3/4 cups chopped Broccoli (blended)

1/2 cup toasted almonds (can omit)

3/4 cup chopped red onion

1/2 cup seasoned fine dry bread crumbs

Salt and pepper



In a large bowl, combine eggs, broccoli, almonds, red onion, bread crumbs and 1/4 cup water. Season with salt and pepper. On a greased baking sheet, shape mixture into 5 patties, about 3/4 inch thick. Bake patties at 375 °F, turning halfway through baking until golden on both sides, for about 25 minutes in total.

Serve on a whole wheat bun with low fat mayonnaise. Serve with peach slices, scrambled eggs and milk.