

WITH HEALTH & *gratitude*

REGISTERED DIETITIAN JESSICA GROSMAN

Grain-Free Veggie-Full Burgers

Ingredients: (note - use organic whenever possible)

1 large sweet potato
1 can (14oz) pinto beans (or your favorite bean)
1/2 C Tigernut flour (or your favorite grain-free flour)
1 C parsley leaves, washed & chopped
2 scallions, sliced
1 clove garlic, minced
2 T extra-virgin olive oil
1/2 t sea salt, or more, to taste
1/2-1 t spices (cumin, paprika, coriander)
dash of cayenne pepper, optional

Directions:

Preheat oven to 400 degrees. Wash sweet potato, prick with a fork (to keep it from exploding in the oven) and place on a parchment-lined baking sheet. Bake for 45 minutes-1 hour, until softened. Remove from the oven and set aside to cool slightly.

Reduce the oven temperature to 350 degrees. Re-line a baking sheet with a fresh piece of parchment paper.

Once the sweet potato has cooled, cut it in half and carefully scoop all of the flesh into a large mixing bowl. Keep the skins for another use (see notes below). Mash the sweet potato flesh with a fork into a chunky mixture. Rinse & drain the beans, add them to the bowl. Add the Tigernut flour, chopped parsley, sliced scallions and minced garlic. Use the back of the fork to mash the ingredients together into a rough mixture. Pour the olive oil into the bowl, combining it into the sweet potato mixture. Season the mixture with sea salt and spices, to taste.

Using damp hands, divide the mixture into 5 portions (or 4 for extra-large burgers) and gently press into burger shape. Place on the lined baking sheet.

Bake burgers for 20 minutes. Carefully flip the burgers and bake for an additional 20-25 minutes, until golden brown and crisp on the edges.

Cool slightly before serving, or serve later (see notes below). Serve on top of a salad, in a lettuce or kale wrap, or on a bun with your favorite toppings.

Notes:

Recipe yields 4-5 servings

Sweet potato skins are nourishing and delicious! Spread them with some hummus or guacamole and eat alongside a salad.

Use any grain-free flour, such as almond flour, in place of the Tigernut flour

Substitute spinach, arugula or kale for the parsley, if desired

Make ahead option: bake the burgers, allow to cool to room temperature, and freeze on the sheet pan. Transfer frozen burgers to a storage container and freeze for up to 1 month. Easily remove as many burgers as needed and reheat in the oven for 15-20 minutes.

Make mixture into smaller slider-size burgers or into meatballs. Adjust baking time accordingly (approximately 15 minutes per side).