Red Quinoa Chickpea Burger

Ingredients to serve 5:

- 1½ cups cooked red quinoa
- 1-15 oz. can chickpeas, drained and rinsed
- 1 medium leek, finely chopped
- 3 cloves garlic, minced
- 1 jalapeño, finely diced
- 2 c chopped shiitake mushrooms (¼" dice)
- 1¼ cup finely chopped cilantro
- 3 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander
- kosher salt and pepper to taste
- 1 tablespoon mayonaise
- 1 tablespoon creamy dijon mustard
- 1-2 teaspoon favorite hot sauce (optional)
- 1 egg lightly beaten
- 1 cup panko
- 1 tablespoon olive oil
- 1 tablespoon vegetable oil (for sautéing)

making food look
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as good as it tastes

Directions:

In a medium skillet, heat up the olive oil to medium-low heat and add leeks, jalapeño and garlic, stirring frequently until fragrant and translucent (about 5 minutes). Add mushrooms and cook until reduced (about 5 minutes) adding spices. Remove from heat, add fresh cilantro and allow to cool a bit.

In a large bowl, combine quinoa, chickpeas and sautéed vegetables. Place all ingredients in the food processor and pulse the mixture about 5-10 times to break up chickpeas a bit. Place back in bowl and add hot sauce, egg, mayonnaise and mustard and mix to incorporate well.

Using a burger size ring mold (about 5" in diameter), place between ¼ -½ cup of quinoa-chickpea mixture in the mold and flatten gently with your hand (alternatively, if you don't have a ring mold, you can use a large 24-ounce can to shape your burgers, otherwise just shape patties by hand.) Sprinkle bottom and top with a bit of panic and place prepared patties on a parchment lined baking sheet (this helps with clean up) and repeat process.

Place prepared patties in the fridge for at least 30 minutes (or up to several hours for make ahead prep).

Heat a large non stick pan or cast iron skillet to medium-high with vegetable oil. Sauté burgers for about 3 minutes each side until exterior is golden. Remove and serve warm or cold over green salad or in between bread buns. Enjoy!