

Black Bean Quinoa Burger with Chipotle Aioli

Ingredients:

- ☞ 1-15 oz. can black beans, rinsed and drained
- ☞ 1½ cups cooked quinoa (white, red or mixed)
- ☞ 1 cup frozen corn
- ☞ 5 scallions, minced
- ☞ 1 small red pepper, small dice
- ☞ 1 jalapeño, finely chopped
- ☞ 3 cloves garlic, minced
- ☞ ¼ cup finely chopped cilantro
- ☞ 1 tablespoon olive oil
- ☞ 1 large egg, lightly beaten
- ☞ 1 heaping tablespoon mayonnaise
- ☞ 2 teaspoons Dijon mustard
- ☞ Juice of ½ lime
- ☞ ½ cup panko
- ☞ 1-3 teaspoons cumin
- ☞ 1 teaspoon coriander
- ☞ 1 teaspoon mild chili powder (I love Penzeys Chili 3000)
- ☞ 1 teaspoon smoked paprika
- ☞ Kosher salt and pepper to taste
- ☞ 1-2 tablespoons vegetable oil for searing burgers
- ☞ Tomatoes, avocados, chipotle aioli for serving, optional, recipe below

Directions:

In a medium saucepan, heat a tablespoon of oil to medium high and add scallions, red pepper, jalapeño and garlic. Sauté for about 3 minutes, stirring frequently until tender and fragrant. Add corn and sauté for another several minutes, a teaspoon of cumin and salt and pepper. Set aside.

Using a food processor, pulse the beans and prepared quinoa about 10 times. The goal is to bind the quinoa and beans, but you should still have chunks. In a large mixing bowl, combine veggies with quinoa black bean mixture. Add all but the last 2 ingredients to the bowl and mix well with a wooden spoon or your hands.

Using a ring mold if you have one, place about a quarter of the mixture in the mold and press down to compress the butter. You should have 4 patties about 4½" diameter and one inch thick. Line a baking sheet with parchment paper, and place molded burgers on sheet and refrigerate for at least 30 minutes. In a heavy bottom or cast iron skillet, heat the vegetable oil to medium high. Sear burgers for about 3-4 minutes a side until they develop a crisp golden exterior.

for Chipotle aioli: Combine ¼ cup of mayo, 2 teaspoons Adobo Sauce from Chipotle in Adobo Sauce, squeeze of lime, ¼ tsp salt, ½ tsp powdered garlic

Serving suggestion: Serve burger warm or at room temperature, top with sliced tomato, avocado, baked sweet potato fries and drizzled with Chipotle aioli and micro greens if desired. Enjoy!

