

Garden Chef Millet Veggie Burger

1 Cup	Millet, rinsed
2 Cups	Sweet potato, peeled and diced
2 Cups	Water
15 oz	Low sodium cooked white northern beans, drained
½ Cup	Raw pumpkin seeds (or sunflower seeds)
½ Cup	Shredded carrots
1 Tbsp	Extra virgin olive oil
½ Tsp	Spike seasoning or favorite seasonings
¼ Tsp	Cayenne pepper
¼ Tsp	Cumin
1 Tsp	Sea salt
	Freshly ground black pepper, to taste

Casual Cashew Sauce:

1 Cup	Raw cashews
3 Tbsp	Fresh lemon juice
¾ Cup	Water
1 Tsp	Favorite savory seasoning blend
	Zest of 1 lemon
Pinch	Sea salt
	Fresh cracked pepper, to taste

In large pot, combine millet, diced sweet potato and water. Bring to a boil then reduce heat and cover for 15 minutes until millet is tender. Remove from heat and let cool slightly.

Preheat oven to 400 degrees. Line a baking sheet with parchment or Silpat. In same pot, add northern white beans. Using a potato masher or fork, gently mash the beans and sweet potatoes, leaving no large chunks. Add in raw pumpkin seeds, carrots, olive oil, and seasonings and mix together until combined. Form mixture into burgers, sliders or falafels. Place on lined baking sheet and bake for 20 minutes.

For cashew sauce: Zest a fresh lemon. In a high powered blender, combine cashews, lemon juice, water, seasonings, lemon zest and sea salt. Blend until smooth. Use butter lettuce and tomato for bun substitute. Top veggie burger with Casual Cashew Sauce.



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Megan McCarthy