

Black Bean Quinoa Veggie Burger

2 cups	Black beans, drained
1 cup	Red quinoa, cooked
1 cup	Riced cauliflower
½ cup	Scallions or onions, chopped
2-3 cloves	Garlic, minced
¼ cup	Cilantro or parsley, chopped
1 T	Extra-virgin olive oil
1 tsp	Red beetroot powder
1 tsp	Sea salt
1 tsp	Cumin
½ tsp	Cayenne pepper
	Fresh cracked pepper to taste
1	Egg (optional)
1-2 T	Avocado oil

In a large mixing bowl, lightly mash black beans with potato masher or fork. Add remaining ingredients except for avocado oil. Gently mix together until combined. Form into burger patties or sliders.

In a skillet, warm 2 tablespoons avocado oil over medium high heat. Place patties in skillet and cook for 3-4 minutes on each side or until desired crispness. Serve burger with favorite toppings to enjoy!



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Megan Mccarthy