

Recipe Idea: Detox Quinoa “Sliders”



Serves 8

Here's a delicious veggie burger you can whip up from scratch. Any steak seasoning (which is just a combination of herbs and spices) will work to give the patties a rich, hearty flavor. Stash a few in the freezer for busy weeknight meals. This makes a great lunch or casual family dinner. For super-easy cookouts, bake the patties ahead, then reheat them on the grill. Serve with your favorite burger fixings. The butter lettuce is used as the vessel in place of buns.

½ cup quinoa

1 small onion, finely chopped (1 cup)

6 oil-packed sun-dried tomatoes, drained and finely chopped (¼ cup)

1½ cups cooked black beans, or 1 15-oz. can black beans, rinsed and drained, divided

2 cloves garlic, minced (2 tsp.)

2 tsp. dried steak seasonings

Whole butter lettuce leaves

Stir together quinoa and 1½ cups water in small saucepan, and season with salt, if desired. Bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes, or until all liquid is absorbed. (You should have 1½ cups cooked quinoa.) Meanwhile, place onion and sun-dried tomatoes in medium nonstick skillet, and cook over medium heat. (The oil left on the tomatoes should be enough to sauté the onion.) Cook 3 to 4 minutes, or until onion has softened. Stir in ¾ cup black beans, garlic, steak seasoning, and 1½ cups water. Simmer 9 to 11 minutes, or until most of liquid has evaporated. Transfer bean-onion mixture to food processor, add ¾ cup cooked quinoa, and process until smooth. Transfer to bowl, and stir in remaining ¾ cup quinoa and remaining ¾ cup black beans. Season with salt and pepper, if desired, and cool. Preheat oven to 350°F, and generously coat baking sheet with cooking spray. Shape bean mixture into slider-sized patties and place on prepared baking sheet. Bake 15-20 minutes, or until patties are crisp on top. Flip patties with spatula, and bake 5-10 minutes more, or until both sides are crisp and brown. Serve on butter lettuce leaves.