

Summer eats Recipes

Week 3: Guilt-Free Burgers with Spicy Guacamole

Pinto beans are a very good source of cholesterol-lowering fiber, as are most other beans.

- High fiber content prevents blood sugar levels from spiking right after a meal
- When combined with whole grains (i.e. brown rice or quinoa), they provide a virtually fat-free, high quality protein.
- Excellent source of molybdenum, a very good source of folate, as well as protein, vitamin B1, phosphorus, iron, magnesium, manganese, and potassium.

Canada's Food Guide recommends **two** servings of meat and alternatives for females, and **three** for males ages 19 to 50. One serving of legumes is equivalent to $\frac{3}{4}$ cup (175ml).

Guilt-Free Burgers with Spicy Guacamole

Patty	Guacamole	Toppings
½ cup water	1 ripe avocado	6 whole wheat hamburger buns
¼ cup quinoa, rinsed	2 tbsp fresh cilantro, finely chopped	6 tomatoes slices
3 tbsp extra virgin olive oil	2 tbsp fresh lime juice	6 lettuce leaves
½ cup red onion, chopped	2 tsp red onion, finely chopped	
1 clove garlic, minced	1 garlic clove, minced	
2 ½ cups canned pinto beans, rinsed and drained	¼ tsp cayenne pepper	
1 tsp smoked paprika	Salt and pepper to taste	
½ tsp cumin		
3 tbsp fresh cilantro, finely chopped		
3 tbsp cornmeal, plus 1/3 cup for coating burgers		
Salt and pepper to taste		

Directions

1. Bring water to a boil. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water has been absorbed, about 10 minutes. Uncover and let stand.
2. Heat oil in a skillet over medium heat. Add onions and garlic and cook until soft, about 3 minutes. Add beans, paprika and ground cumin and mash the beans to a smooth paste with a potato masher or fork. Transfer to a bowl and let cool slightly. Add the quinoa, cilantro, cornmeal, salt and pepper.
3. Form the bean mash into 6 patties. Coat them evenly with the remaining 1/3 cup cornmeal and transfer to a baking sheet. Refrigerate for 20 minutes.
4. For the guacamole, mash avocado with a potato masher or fork. Mix in remaining ingredients.
5. Heat oil in a skillet over medium-high heat. Cook burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Serve the burgers on buns with toppings and guacamole.

Cook's Tip: Quinoa is a delicately flavored, protein-rich grain. Rinsing removes saponin, its natural, bitter protective covering.

Resources: <http://www.whfoods.com/>,
<http://www.eatingwell.com/>

Nutritional Information (per serving)			
Calories	412	Monounsaturated	9 g
Protein	14 g	Cholesterol	0 mg
Carbohydrate	60 g	Sodium	502 mg
Total Fat	15 g	Fiber	14 g
Saturated Fat	2 g	Makes 6 servings	