

Mediterranean Veggie Burger

2 15 oz cans garbanzo beans, drained
1/2 small purple onion, diced
1/2 cup Jensen's Olive Medley, chopped
1/2 cup Jensen's Marinated Artichoke Hearts, chopped
1/2 cup red bell pepper, diced
2 cups fresh spinach, chopped
3 cloves garlic, minced
1 tablespoon fresh oregano, chopped (or substitute 1
teaspoon dried oregano)
1/2 cup whole grain bread crumbs
1/4 cup organic yellow cornmeal
Juice of one lemon
Freshly ground salt and pepper to taste
2-3 tablespoons olive oil for frying

Accompaniments:

Leaf lettuce
Tomatoes, sliced
Cucumbers, sliced
Purple onion, sliced
Vegan mayo
Hummus
Pita chips
Antipasto Marinated Vegetables and Olives
Buns



Place the drained garbanzo beans in a medium mixing bowl, use a masher or a fork to partially mash them leaving some chunky for texture. Add the remaining ingredients and stir to combine.

Shape the veggie burger mixture into 8-10 one inch thick patties. Heat a large skillet or flat grill to a medium range temperature. Add two to three tablespoons of olive oil, when the oil is hot transfer the burgers to the skillet or grill and cook them in batches allowing 6-8 minutes on each side until they are golden brown and firm.

Prepare the hamburger buns by spreading a light amount of vegan mayo on the inside of each half. Place the mayo side down on the grill or skillet and heat 1-2 minutes until it begins to toast and lightly brown.

Transfer the bun to a serving plate, place a little additional vegan mayo on the bottom half, top with a burger and a spoonful of hummus. Serve with lettuce, tomato, sliced onion, freshly ground salt and pepper to taste with additional sides of hummus, pita chips and antipasto vegetables and olives.

Recipe courtesy of Liz Gary. For information about free local community cooking classes and special events visit www.newoptionsfoodgroup.com.

Hawaiian Teriyaki Portobello

4-6 portobello mushroom caps
1 bottle of Hawaiian Teriyaki marinade
1 tablespoon grape seed or vegetable oil

Accompaniments:

Buns (read labels: egg-less, dairy-less)
Vegan Mayonaise
Pineapple rings
Vegan smoked gouda or provolone cheese
Lettuce
Purple onion

Soak the mushroom caps with the marinade and let them sit for 30-45 minutes, or marinate them in advance for 12 hours or overnight.

Heat a grill to medium high, add a tablespoon of oil then grill the mushrooms about 7-8 minutes on each side until they shrink back to about 3/4 their original size and becomes nicely browned and caramelized.

Add the pineapple rings to the grill and brown on both sides. Top each mushroom with a slice of optional vegan cheese. Place the pineapple ring on top of the cheese when it begins to melt then transfer the mushroom to a toasted bun and serve with additional vegan mayo, lettuce, and purple onion.

Lentil, Mushroom & Wild Rice Veggie Burgers

3 cups lentils, cooked
2 cups wild rice, cooked
1 cup celery, diced
1 medium yellow onion, diced
1 8 oz. package Cremini Mushrooms, diced
3-4 large cloves garlic, minced
2 tablespoons vegan butter
2 cups chopped kale, stems removed
1/2 cup parsley, stems removed, chopped
1/2 cup breadcrumbs
3/4 cup walnuts, chopped fine
2 tablespoons dijon mustard
1 1/2 teaspoons thyme
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1-2 tablespoons olive oil for frying

Accompaniments:

Buns
Vegan mayo
Lettuce
Tomato
Onion

Combine the lentils and wild rice in a large bowl.

Heat a large skillet with one tablespoon vegan butter and sauté the celery and onion, transfer them to the rice and lentil mixture. Add an additional two tablespoons of vegan butter and sauté the mushrooms for 3-4 minutes, add the chopped garlic and continue sautéing and additional 3-4 minutes, transfer the mushrooms and garlic to the lentil mixture.

Add the remaining ingredients and stir well, shape the mixture into patties.

Heat the skillet again to medium high, add a tablespoon of olive oil to coat the pan then cook the burgers in batches allowing about 6-8 minutes on each side.

Transfer each patty to a toasted bun, serve with vegan mayo, lettuce, tomato and onion.

Black Bean Baja Burger

1 15-oz. can black beans, drained
4 green onions, sliced
1/2 red bell pepper, diced fine
1/2 cup fresh cilantro, stemmed and chopped
1 12-oz. package soyrizo
1 cup finely ground tortilla chips
1/2 cup vital wheat gluten
1 Tbs. ground flax seed
2-3 tablespoons water
Olive oil for coating the burgers

Accompaniments:

16 slider buns
Vegan Mayo
Avocado slices
Lettuce
Purple onion

Preheat the oven to 350 ° Line a baking sheet with parchment paper and set aside.

Drain the beans and add them to a large mixing bowl. Mash them with a masher or the back of a spoon. Add the onion, bell pepper, cilantro, soyrizo, tortilla chips, gluten and flax seed. Sprinkle 2-3 tablespoons of water over the mixture then stir to combine, use your hands to complete the mixing then divide the mixture into 16-20 balls. Flatten each ball and coat it on both sides with a light amount of oil. Transfer to the parchment lined baking sheet and place in the oven for 20 minutes, remove the burgers from the oven, flip them over and continue baking another 20 minutes.

While the burgers are baking prepare the lettuce by tearing it into pieces, slice the purple onion, and slice the avocados. Set aside. Spread vegan mayo on the inside of each bun. Heat a skillet or flat grill to medium high and toast each bun mayo side down for 2 minutes each side or until they begin to brown.

Prepare each slider by placing a burger on a toasted bun, top with the avocado, lettuce and onion and serve.

Tempeh Veggie Burgers

1-8oz package tempeh, steamed
1 tsp smoked paprika
1 tsp grilling or hamburger seasoning mix
1 tbsp ground flax seeds
3 tbsp water
1/2 cup bread crumbs
1/4 tsp salt
1/4 tsp black pepper
1/2 cup chopped grated carrots
1/2 cup frozen corn
1 can cooked black beans, drained
2 medium scallions, sliced thin
3 tbs any quality oil or olive oil spray



Preheat oven to 375F. Line a baking sheet with parchment paper. Combine ground flax seeds and water in a small bowl, set aside

Steam the tempeh in a steamer basket for 15 minutes on medium high.

Crumble the tempeh in a large bowl. Add the remaining ingredients. Mix well by hand or process briefly in a food processor.

Shape the tempeh mixture into 6-8 equal patties and transfer to a parchment lined baking sheet. Lightly coat each side with oil. Bake at 375 degrees for 20 minutes. Remove from the oven, turn each patty and return to the oven to bake an additional 15-20 minutes or until lightly browned. Optional: Add vegan cheese the last ten minutes of baking. Serve on a bun with your favorite fixings, lettuce, tomato

For more recipes and a listing of upcoming classes visit
www.newoptionsfoodgroup.com

Register for classes online at
[San Diego Public Library Events Calendar](#)