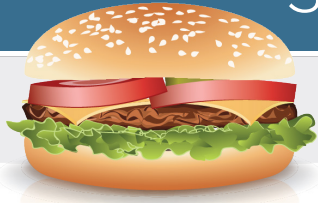


SWEET POTATO BURGERS



June 5

National Veggie Burger Day

INGREDIENTS

- ¾ Pound Sweet Potato (weigh after peeling)
- 15 Ounce Can Chickpeas (drained)
- 1 Garlic Clove (finely grated)
- ⅓ Cup (about 2) Scallions/Green Onions (finely chopped)
- 4 Tablespoons Cilantro/Fresh Coriander (finely chopped)
- 2½ Teaspoons Cajun Spice Mix
- 2½ Teaspoons Tomato Puree
- 1 Teaspoon Miso Paste (optional)
- ¼ Teaspoon Cayenne Pepper (optional)
- 2½ Tablespoons Olive Oil
- Fine Sea Salt and Pepper (to taste)
- 4 Burger Buns (enriched or whole grain-rich; at least 56 grams each)

DIRECTIONS

1. Peel and cube the sweet potato. In a large non-stick pan heat up approx. ½ tbsp of oil, add the sweet potato along with the spice mix and stir.
2. Cook over a medium heat for about 10-12 minutes stirring occasionally until nicely browned and tender (but not cooked completely, still a little al dente). Remove from the heat and set aside to cool a little.
3. To the blender add all the burger ingredients (including the sweet potato, which can still be a little warm). If using miso paste combine it with the tomato puree before adding to the blender.
4. Pulse until the mixture starts coming together but there are still pieces of vegetables visible (be careful not to overblend it).
5. Using ½ cup of the mixture for each, form 4 burgers. Make sure you press the mixture together.
6. In a large pan heat up 1 tablespoon of oil and fry the burgers over a medium heat for about 2 minutes on each side until lightly browned (add a little more oil after turning them over). Serve with burger bun.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

4 Burgers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burger	½ Burger	1 Burger	1 Burger