

Lettuce Wrapped Veggie Burger

Swick

Makes 6 burgers | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

Nutrition: Calories 246; Fat 6g; Carbs 41g; Fiber 9g; Sugar 1g; Protein 10g; Cholesterol 0mg; Sodium 32mg; Vitamin A 2330IU; Vitamin C 3mg; Calcium 105mg; Iron 5mg

Step 1: Method

- 1/2 cup Prunes (87 grams)
 - 2 tbsp Ground Flax Seed (14 grams)
 - 1 tbsp Avocado Oil (15 mL)
 - 1/2 cup Red Onion, chopped (52 grams)
 - 2 Garlic cloves, chopped
 - 1/4 cup Pumpkin Seeds, chopped (30 grams)
 - 2 1/2 cups Red Kidney Beans, cooked (450 grams)
 - 1 Carrot, grated
 - 1 tbsp Dried Basil (1.2 grams)
 - 1 1/2 tsp Chili Powder (12 grams)
 - 1 tbsp Sesame Seeds, for topping (9 grams)
 - 1 head Boston Lettuce
1. Make a flax egg by mixing 1 tbsp flax seed with 3 tbsp of water. Add to bowl and leave in fridge for ~ 5 minutes.
 2. In a blender, blend prunes with flax egg to make a purée.
 3. In a fry pan, heat oil and cook onions and garlic for 2 minutes. Add pumpkin seeds and cook for 1 more min.
 4. In a large bowl mash beans with a potato masher.
 5. Add remaining ingredients (except oil and sesame seeds) and combine thoroughly using a metal spoon.
 6. Divide mixture and shape into 7- 8 patties.
 7. Place sesame seeds in a small dish and place each pattie into dish coating each side; set aside.
 8. On a hot oiled grill, cook burgers over medium heat for 4 to 5 minutes per side. Burgers should be crispy on the outside and cooked through. Wrap in lettuce and enjoy!