INGREDIENTS:
Serves 7-8
3/4 cup cooked quinoa
1/2 large red onion, finely diced (~3/4 cup)
1 cup finely chopped mushrooms (shitake, baby bella or white button)
1/8 tsp salt
1 15-oz can black beans, well rinsed and drained
1 cup finely grated raw beet
1 tsp cumin
1/2 tsp chili powder
1/4 tsp smoked paprika
1/2 cup raw walnuts, crushed or ground into a loose meal
1 Tbs. extra virgin olive oil
1 egg white

INSTRUCTIONS:
1. Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with a pinch of salt.
2. When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.
3. Remove from heat and add black beans and mash. You’re looking for a rough mash, so you can leave a bit of texture if you want.
4. Transfer the mixture to a mixing bowl and add the quinoa, beets, egg white and spices and stir.
5. Lastly, add the walnut meal a little at a time until the mixture is able enough to form into patties. Set in the fridge to chill while your oven pre-heats to 375°F (skip this step if cooking on the stovetop or grill - see notes).
6. Coat a baking sheet with nonstick spray or olive oil. Form mixture into roughly 8-9 patties. You can also just take handfuls and mash them into loose patties. The thicker you make them, the longer they’ll take to cook through, but the “juicier” and heartier they’ll be! Thinner patties will cook faster.
7. Arrange burgers on a baking sheet and brush or spray the tops with olive oil. Bake at 375 for a total of 30-45 minutes, gently flipping at the halfway mark. Cook longer to dry them out even more and achieve more crisp, but it’s not necessary.
8. Serve on small buns or atop mixed greens with desired toppings.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.