

Grain and Seed Burger



Makes:

14 servings, ½ cup each

Utensil:

Saladmaster Food Processor
4 Qt./3.8 L Roaster with Cover
Two Burner Griddle

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Recipe:

Contributed By:

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Authorized Saladmaster® Dealer
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Recipe Description:

Try a healthy meatless burger that is high in fiber and low in fat and calories. You can even eliminate the calories in bread by using fresh and delicious butter lettuce as your bun.

¼ cup
buckwheat
(40
g)
¼ cup
sweet brown rice
(40
g)
¼ cup
quinoa
(40
g)

Condiments:

Directions:

1. Place raw buckwheat, basmati rice, brown jasmine rice, sweet brown rice, quinoa, barley, amaranth, millet and flaxseed in roaster. Add 3 ½ cups (820 mL) water, cover and turn heat to medium.
2. When Vapo-Valve™ clicks turn heat to low and cook for approximately 30 minutes or until grains have soaked up water and are no longer crunchy.
3. Cook oatmeal according to directions to yield 1 cup (156 g) cooked.
4. Add all spices, oatmeal, walnuts, carrots and eggs to grain mixutre and blend thoroughly.
5. To form patties take ½ cup measuring cup and scoop out

mixture. Form patties with your hands.

6. Preheat double griddle over medium-low heat. When several drops of water sprinkled on the pan skitter and disapate, place patties on the griddle and cook 3 minutes. Flip and cook 3 minutes on the other side.
7. Add condiments and serve.

Tips:

- Eliminate the eggs to make this a vegan recipe; add additional carrots to help bind.
- Can use leftovers as an acorn squash filling or add to stews and soups.

Nutritional Information per

▼ Serving

Calories: 222
Total Fat: 11g
Saturated Fat: 1g
Cholesterol: 30mg
Sodium: 118mg
Total 27g
Carbs:
Dietary Fiber: 4g
Sugar: 1g
Protein: 6g