

Green Veggie Burgers

- 1 1/2 c quinoa, cooked with a little sea salt, cooled slightly (less than 1/2 cup uncooked)
- 2 heaping cups (2 bunches) chopped cooked greens: Swiss chard, kale, spinach, beet greens cooled slightly
- 4 scallions, finely chopped
- 2 garlic cloves, minced
- 1/3 c sun-dried tomato, chopped
- 1/2 c each grated parmesan cheese, chopped parsley or coriander
- 1 t sea salt
- 5 large eggs, lightly beaten
- 1 c homemade breadcrumbs
- 1 T olive oil

Cook greens in a large pan, over medium-high heat, in the water that clings to them as they are washed.

If using Swiss chard or beet greens, separate greens from stems. After washing, wilt wet greens for a few minutes until cooked through. Remove from pan, then cook finely chopped stems for a few minutes. If using kale, discard stems and cook, then chop greens. Spinach stems can be cooked along with the greens.

Preheat oven to 400F.

In a large bowl, combine quinoa, cooked greens, scallion, garlic, parmesan, sun-dried tomatoes, parsley and salt. Blend in eggs and breadcrumbs. If the mixture is too wet, add more quinoa or breadcrumbs; too dry, add a little water.

Line a baking pan with parchment paper. Using about 4 tablespoons of mixture per burger, place patties onto baking tray. Brush lightly with oil. Bake for 15 minutes, then flip over and bake for 5 more minutes. Serve with sliced tomato and avocado. Makes 15 patties. Serves 7.

Jittery Cook