

Garam Masala Quinoa Burger with Raita

Makes: 4 Servings

"I have watched my mom and grandma make all sorts of delicious food in the kitchen with an Indian twist since I was born," says Shreya. "I have been helping them cook since I was three. I love to mix, measure, chop, and even clean up afterwards. My grandma and I came up with this recipe together because we both love sandwiches. We make this recipe often to take to school for lunch or even on picnics with friends."

Ingredients

- 1 cup** cooked garbanzo beans
- 1/2 cup** cooked quinoa
- 1/4 cup** chopped kale
- 1/4 cup** peeled and chopped onion
- 1** small boiled potato
- 1/2 teaspoon** garam masala
- 1/2 teaspoon** ground cumin
- 1/4 teaspoon** peeled and grated fresh ginger
- 1** garlic clove, peeled and minced
- 1/4 teaspoon** grated serrano chile pepper
- 1/4 cup** panko breadcrumbs
- Salt and pepper to taste
- 2 tablespoons** olive oil
- 1/2 cup** Greek yogurt
- 1/4 cup** grated cucumber
- 4** whole-wheat buns
- Sliced tomatoes
- Baby spinach leaves

Directions

1. **Coarsely chop the garbanzo beans** in a food processor or by hand. In a large bowl, combine the chopped



Nutrition Information

Nutrients	Amount
Calories	379
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	1 mg
Sodium	550 mg
Total Carbohydrate	58 g
Dietary Fiber	10 g
Total Sugars	10 g
Added Sugars included	6 g
Protein	15 g

garbanzo beans with the quinoa, kale, onion, potato, garam masala, cumin, ginger, garlic, Serrano chile pepper, and breadcrumbs. Season to taste with salt and pepper. Stir the mixture thoroughly and form into 4 round patties.

2. **In a large sauté pan**, heat the olive oil over medium heat. Add the patties and cook, flipping once, 5 minutes per side, or until brown and crispy.
3. **Meanwhile, in a small bowl**, combine the yogurt and cucumber. Season to taste with salt and pepper.
4. **To assemble the sandwiches**, place the patties on the whole-wheat buns, and top with the raita, tomato, and spinach leaves.

The 2015 Healthy Lunchtime Challenge Cookbook