

Slam Dunk Veggie Burger

Makes: 6 Servings

“When I went grocery shopping with my mom, I came across quinoa in the grains aisle, so we decided to try it,” says Devanshi. “I guess it tastes really good, so my mom and I created a burger recipe, which includes quinoa, a good source of protein. My healthy and delicious recipe can be served with a side dish of Super Scrumptious Strawberry Salad,” which has spinach, strawberries, and red onion.

Ingredients

1 cup quinoa, rinsed
2 cups water
1/2 teaspoon Kosher salt
1 cup chopped fresh cilantro leaves
1/2 cup whole wheat bread crumbs, unseasoned
1 medium white onion, finely chopped
1 large egg
1/3 cup chopped carrot
1/3 cup chopped green beans
1/3 cup sweet corn
1/4 cup feta cheese
1 clove garlic, minced
1 tablespoon extra-virgin olive oil
1 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
6 whole wheat hamburger buns
 For garnish:
 avocado
 lettuce
 tomato

Directions

1. Preheat the oven to 400°F.
2. In a medium saucepan combine the quinoa, 2 cups of



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	346	
Total Fat	9 g	14%
Protein	12 g	
Carbohydrates	57 g	19%
Dietary Fiber	7 g	28%
Saturated Fat	2 g	10%
Sodium	552 mg	23%

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Vegetables	1/2 cup
Grains	2 1/2 ounces

water, and 1/4 teaspoon salt. Bring to a boil then reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Transfer to a large bowl.

3. Add the cilantro, bread crumbs, onion, egg, carrot, green beans, corn, feta, garlic, oil, cumin, pepper, and the remaining 1/4 teaspoon salt and stir to thoroughly combine. Let the mixture sit for 5 minutes so the bread crumbs can absorb some moisture.

4. Divide the mixture into 6 even parts and shape each one into a 1-inch-thick patty. Arrange the patties on a baking sheet and bake for 20 minutes. Flip the patties over and continue baking until light brown, about 5 minutes.

5. Serve the patties on the buns, garnished with avocado, lettuce, and tomato.

Notes

State: Texas

Child's Name: Devanshi Udeshi, 12