

GARDEN BURGER



50 STATES
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 4½ ounces button mushrooms, trimmed and quartered
- ★ ½ teaspoon chili powder
- ★ ½ teaspoon cumin
- ★ Half small yellow onion, roughly chopped (about 3 ounces)
- ★ 1 teaspoon smoked paprika
- ★ 3 cloves garlic, peeled and roughly chopped
- ★ ½ cup rolled oats
- ★ 1 tablespoon olive oil
- ★ ¾ cup black beans, rinsed, drained, patted dry
- ★ ¼ teaspoon kosher salt
- ★ ¼ cup vegan shredded mozzarella cheese or low-fat shredded mozzarella cheese
- ★ Freshly ground black pepper, to taste
- ★ 2 low-carb burger buns, toasted
- ★ 1 cup mixed greens, for serving
- ★ 1 small beefsteak tomato, sliced (about 5 ounces)
- ★ Low-fat mayo, optional, for serving
- ★ Unsweetened Ketchup, optional, for serving

DIRECTIONS

Pulse the mushrooms, onion, and garlic in a food processor until finely chopped, about 20 pulses, scraping down the sides of the bowl as needed. Meanwhile, heat 1 tablespoon of olive oil in a large nonstick skillet over medium-high, until it shimmers. Add the vegetable mixture, season with kosher salt and black pepper, and cook for 7 to 8 minutes, stirring often (there should be very little liquid left from the mushrooms). Stir in the spices and let them toast for 30 seconds. Move the pan off the heat and let the vegetable mixture cool to room temperature.

Using the same food processor bowl (no need to rinse), pulse the oats until coarsely chopped, about 15 pulses. Add the black beans and puree the black beans with the oats until a paste forms. Transfer bean mixture into a large bowl, then add cooled vegetable mixture, and mozzarella cheese and thoroughly combine.

Divide the mixture in half and form into two ½-inch thick patties.

Heat a large nonstick skillet over medium-low heat and spray with non-stick olive oil spray. Add the two patties, and cook for 6 minutes per side. Turn the heat down to low, cover the pan for 4 to 5 minutes, to ensure the burger is warmed through and the cheese is melted. Place the burger onto the toasted bun, top with tomato, and lettuce. Serve with low-fat mayo and unsweetened ketchup.

Serving Size and Nutritional Information:

Serves 2 (Serving Size 1 Burger = 307 g)
390 Calories Per Serving, **14 g** Total Fat,
55 g Total Carbohydrates, **25 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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