

Quinoa Chickpea Veggie Burgers

(makes 4-5 burgers)

Ingredients

2 tablespoons olive oil
½ cup finely chopped onions
½ cup finely chopped carrots
2 cloves of garlic, chopped
1 cup cooked quinoa
1 cup cooked chickpeas
1 tablespoon chopped tarragon
1 tablespoon chopped parsley
¼ teaspoon ground cumin
¼ teaspoon smoked paprika
¾- 1 teaspoon salt
¼ teaspoon ground black pepper
Dash cayenne
1 egg (or 1 TB flaxseed meal mixed with 1 ½ TB water)

Directions

- Saute in sauté pan over medium heat the olive oil with the onions, carrots and garlic. Saute for 5-6 minutes to vegetables are soft and translucent. Set aside
- Put chickpeas in bowl and mash with a potato masher (or with hands). Add in quinoa, tarragon, parsley, cumin, smoked paprika, salt and pepper. Mix with hands (or spoon) till well incorporated. Taste and adjust seasoning if needed. Mix in egg. Form into 4-5 patties. Set in fridge to chill at least 15 minutes.
- Set grill on Medium High flame and let warm up for 10 minutes or so. Oil grill grates well. You can grill them on an oiled grill pan over the flames as well.
- Grill veggie burger for 3 minutes or so each side. Be careful when flipping them, so they don't fall apart. Grill so there are nice grill marks on each side.
- Enjoy the veggie burger on a bun with toppings of your favorite toppings, including the Spicy Mayonnaise.

Spicy Mayonnaise

Ingredients

1 cup mayonnaise (can sub vegan mayonnaise as well)
3 tablespoons Sriracha Chili Sauce
½ teaspoon smoked paprika
Dash lemon juice

Directions

- Combine ingredients till incorporated.
- Spread on bun for your favorite veggie burger or use a tasty garnish for other delicious foods.

Grilled Marinated Vegetable Platter

Marinade:

(makes a little over 1 cup marinade)

½ cup Soy sauce

½ cup Balsamic Vinegar

2 tablespoons Extra Virgin Olive Oil

1-2 cloves Chopped garlic

1 teaspoon Italian seasoning

½ teaspoon Red pepper flakes

½ teaspoon ground black pepper

Salt to taste

Vegetables (choose all or some of these):

Zucchini

Yellow summer squash

Eggplant

Large portabella mushrooms

Colorful bell peppers

Asparagus

Red Onion

Garnish:

Handful Crumbled goat cheese or vegan crumbling cheese (1/4 cup to ¾ cup depending on how many vegetables you grill)

1- 2 tablespoons Fresh parsley, chopped

Directions:

- -Mix all the marinade ingredients and set aside
- Slice the vegetables length wise in long strips for grilling.
- -Put marinade and vegetables in either plastic container
- with lid or Ziploc baggie. Shake so the vegetables are fully coated with marinade. Let sit at least 20 minutes and up to an hour and a half in the marinade in the fridge.
- -Grill vegetables over a high flame for a few minutes on either side, till lovely grill marks appear and the vegetables are cooked. Set aside.
- -Cut vegetables in shapes with points. Cutting on the diagonal or in triangles is good.
- -Assemble vegetables on platter with pretty points facing up
- or however your creativity decides. Can be served warm or
- room temp. Top with crumbled goat cheese and chopped
- parsley. Enjoy!