



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.



# MEDITERRANEAN BEET BURGER

WITH RAITA, PICKLED ONION, BUTTER LETTUCE

MAKES 5 SERVINGS

## INGREDIENTS

- 1/4 yellow onion, minced
- 1 15-oz can unsalted chickpeas
- 1/2 cup cooked quinoa
- 2 beets, roasted
- 2 tsp cumin
- 1 tbsp dill
- 1 tsp kosher salt
- 1 tsp black pepper
- 6 tbsp oat flour (as needed)

## ASSEMBLY

- 5 whole grain buns, toasted
- 1/2 red onion, shaved
- 1 cup white vinegar
- 1 cup Eat Your Best Raita Sauce
- 1/2 head butter lettuce

## METHOD

- 1** Process onions finely, add beets, pulse until they are a small dice. Process any remaining large pieces a second time. Move to a mixing bowl. Process chickpeas roughly, and add to bowl.
- 2** Add quinoa, cumin, dill, salt, pepper to bowl, and mix with a spatula. Add oat flour until mixture comes together. Shape mixture into "1 1/2" thick patties using a ring mold, refrigerate at least 4 hours before cooking.
- 3** Heat vinegar with 1 cup of water until just boiling. Remove from heat and pour over the shaved onion, allow to cool completely.
- 4** Sauté beet patties in pan with neutral oil for 3-4 minutes per side. Place cooked patties on the burger buns, top each with 3 tablespoons of raita, a pinch of pickled onions, and 2 leaves of butter lettuce.

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**NUTRITION FACTS:** Calories 360 Total Fat 4g Sodium 600mg Fiber 12g Protein 19g