A modern twist to a classic favorite with focus on nutritious ingredients and fresh flavors. This plant powered burger will fuel your body and mind for a full day of classes and study. Learn how to cook sweet potatoes and quinoa with minimal kitchen equipment, making it a dorm room friendly meal! Good for your body and good for the planet!

### Ingredients

- Whole wheat burger buns
- 1/2 cup black beans
- 1 cup mashed sweet potato
- 1/2 cup cooked Quinoa
- 1/2 cup walnuts or pecans
- 1/3 cup red onion, diced
- 1 tablespoon McCormick Grill-Mates Mesquite seasoning blend
- Salt and pepper to taste

### Price Per Recipe:
$ 9.50

### Price Per Serving:
$ 3.16

### Optional Additions

- Microgreens
- Lettuce
- Tomato
- Red onion
- Avocado
- Vegan cheese
- Pickles
- Sauerkraut
- Vegan Mayonnaise
- Ketsup
- Dijon Mustard
- Hot Sauce

### Spotlight on Quinoa

Quinoa is a seed that comes from a plant in the amaranth family. It is not a grass or a grain and therefore people with gluten sensitivity can eat it safely.
**Mise en place:** open can of beans and portion into a bowl. Portion seasoning. Portion the walnuts.

**Step 1: Sweet Potato:** Microwave the sweet potato: With a fork, pierce the sweet potato in several places. On a microwave safe plate, wrap the potato in a moist paper towel and microwave for 4 minutes, flip the potato, and microwave for another 4 minutes.

**Step 2: Mix and Mash:** Take the sweet potato from the microwave and set aside. Microwave the bag of quinoa according to the directions on the package. Carefully unwrap the sweet potato and cut it in half. Using a spoon, scrape the cooked sweet potato into a bowl and mash it into a fairly even consistency. Mash half of the black beans, leaving half as whole beans for texture.

**Step 3: Chop and Dice:** Finely chop the walnuts until they are uniform and small dice the onion. Add the sweet potato, nuts, onion, spices, and quinoa and mix until uniform. Adjust seasoning and texture to taste. If the mix is too wet, add more chopped nuts.

**Step 4: Pan Sear the Patty:** Use a scoop to measure out mix and shape into patties. Place a pan on the stove on medium high heat and warm olive oil to sear each side of the patty. Set aside.

**Step 5: Construct the Burger:** Assemble your burger with your favorite toppings and enjoy!