

Chef at the Market – June 9, 2012

Chef James Leedy, The Braided Mane inside the Holiday Inn

1900 Hilltop Drive, Redding, CA 96002 – (530) 226-8490

Quinoa Vegetable Burgers

1 quart water
1 Tbsp vegetable soup base
1 Tbsp fresh garlic, chopped
½ Tbsp granulated garlic
½ Tbsp fresh parsley, chopped
½ tsp chipotle powder (optional)
½ tsp white pepper (black pepper is ok)
½ Tbsp sea salt, fine grind
2 cups red quinoa
¾ cup fresh mushrooms, chopped
½ cup fresh spinach, chopped
¼ cup red bell pepper, small dice
¼ cup yellow onion, small dice
1 cup rolled oats, quick cook variety
½ cup parmesan cheese, grated
1 ½ cups cooked zucchini, small dice
1 ½ cups cooked yellow squash, small dice
3 cups panko bread crumbs

1. Bring water to boil in a stock pot. Add vegetable base, fresh and granulated garlic, parsley, chipotle powder, pepper, and salt.
2. Add quinoa and simmer until half the liquid is gone, about 15 minutes.
3. Meanwhile, place all fresh vegetables in a sauté pan and cook lightly.
4. Add oats and parmesan cheese to stock pot and stir gently.
5. Remove stock pot from heat. Fold in all vegetables and panko bread crumbs.
6. Allow mixture to rest in refrigerator for 1 hour, then portion into 5-6 oz patties.
7. Grill on each side until golden brown.
8. Serve on pub roll with artichoke pesto, spinach, tomato, onion and dill pickles.

Makes 12 servings.

Enjoy!

For additional *Chef at the Market* recipes, visit
www.healthyshasta.org/chefatthemarket.htm.

