

Living Well Cancer Resource Center  
Young Chefs! Summer Burger Options: Meat/Meatless!  
July 2019

Salsa Black Bean Burgers with Red Pepper Buns

- ½ cup prepared salsa
  - 2 (15 ounce) cans low-sodium black beans, rinsed
  - 1 cup well-crushed tortilla chips
  - ½ cup grated white onion
  - 1 large egg, beaten
  - 3 tablespoons low fat mayonnaise
  - 4 teaspoons chili powder
  - 2 teaspoons ground cumin
  - ¾ teaspoon salt
  - 3 tablespoons avocado oil or canola oil, divided
  - ½ cup prepared guacamole
  - 8 slices tomato slices
  - 1 cup sprouts
  - ½ cup thinly sliced red onion
  - 4 large red peppers, cut in half and seeds removed
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- Place salsa in a fine-mesh sieve and stir a few times to drain excess liquid. Mash beans with a potato masher or in food processor until no whole ones remain. Stir in the drained salsa, tortilla chips, grated onion, egg, low fat mayonnaise, chili powder, cumin and salt. Let stand 10 minutes.
  - Form the bean mixture into 8 burgers about 3 inches wide ( ⅓ cup each).
  - Heat 1½ tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium, add 4 burgers and cook until browned and heated through, 3 to 4 minutes per side. Repeat with the remaining oil and burgers. Serve the burgers on “red pepper” buns with guacamole, tomato slices, sprouts and red onion.

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Zucchini Chickpea Veggie Burgers with Tahini Sauce

- 4 tablespoons tahini, divided
- 1 tablespoon lemon juice
- 3 teaspoons white miso, divided
- 1¼ teaspoons onion powder, divided
- 1¼ teaspoons garlic powder, divided
- 1¼ teaspoons ground pepper, divided
- 2 tablespoons water
- 1 teaspoon chopped fresh chives plus 2 tablespoons, divided
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ cup fresh parsley leaves
- ½ cup shredded zucchini
- ⅓ cup old-fashioned rolled oats
- 1 tablespoon extra-virgin olive oil
- 4 whole-grain hamburger buns, toasted
- 1 cup packed fresh arugula
- 4 slices tomato
- Combine 2 tablespoons tahini, lemon juice, 1 teaspoon miso, ½ teaspoon onion powder, ¼ teaspoon garlic powder and ¼ teaspoon pepper in a small bowl. Gradually whisk in water until the mixture is smooth. Stir in 1 teaspoon chives. Set aside.
- Place chickpeas, cumin, salt and the remaining 2 tablespoons tahini, 2 teaspoons miso, 1 teaspoon garlic powder, 1 teaspoon pepper and ¾ teaspoon onion powder in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. Add parsley and the remaining 2 tablespoons chives; pulse until the herbs are finely chopped and incorporated into the mixture. Transfer to a bowl.
- Squeeze zucchini in a clean kitchen towel to remove extra moisture. Add the zucchini and oats to the chickpea mixture; use your hands to combine, pressing to mash together. Form into 4 patties.
- Heat oil in a large nonstick skillet over medium-high heat. Add the patties and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.
- Serve the burgers on buns with the tahini-ranch sauce, arugula and tomato slices.

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Greek Turkey Burgers with Spinach

1 cup frozen chopped spinach, thawed  
1 pound 93% lean ground turkey  
½ cup crumbled feta cheese  
½ teaspoon garlic powder  
½ teaspoon dried oregano  
¼ teaspoon salt  
¼ teaspoon ground pepper  
4 small hamburger buns, preferably whole-wheat, split  
4 tablespoons tzatziki  
12 slices cucumber  
8 thick rings red onion (about ¼-inch)

1. Squeeze excess moisture from spinach. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well. Form into four 4-inch patties. Place patties on broiler pan. Cook under the broiler until cooked through and no longer pink in the center, 4 to 6 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.) Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.
- To make ahead: Prepare patties, wrap individually and refrigerate for up to 8 hours. Enjoy!

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Salmon Burgers with Quick Pickled Cucumbers

½ cup water	1 teaspoon lemon zest
½ cup white vinegar	¼ teaspoon ground pepper
2 tablespoons honey	1 Tablespoon olive oil
½ teaspoon salt	¼ cup prepared vinaigrette
1 English cucumber, thinly sliced (about 3 cups)	4 whole-wheat burger buns.
1 shallot, thinly sliced, plus 1 shallot, minced, divided	
3 (6 ounce) cans no-salt-added salmon, drained and flaked	
2 large eggs, lightly beaten	
¼ cup panko breadcrumbs	
2 tablespoons chopped fresh parsley	
1 tablespoon chopped fresh dill, plus more for garnish	
1½ teaspoons minced fresh garlic	

1. Bring water, vinegar, honey, and salt to a boil in a small saucepan over high heat; remove from heat.
2. Combine cucumber and sliced shallot in a medium bowl. Pour the vinegar mixture over the vegetables; set aside.
3. Stir salmon, eggs, breadcrumbs, minced shallot, parsley, dill, garlic, lemon zest, and pepper in a large bowl until combined. Form the salmon mixture into 4 patties.
4. Heat oil in a large nonstick skillet over medium heat. Add the patties and cook until golden brown and an instant-read thermometer inserted in the center registers 145°F, 4 to 5 minutes per side.
5. Drain the pickled vegetables. Spread 1 Tbsp. vinaigrette on each bun. Top with a patty and about ¼ cup pickles. Garnish with dill, if desired. Serve additional pickles on the side or save for another use. (The extra pickles will keep in the fridge for up to a week, stored in an airtight container.)