



## Southwestern Veggie Burgers w/ Cucumber Salad

Prep Time: 60 min

Cook Time: 35 min

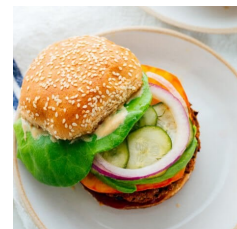
Serves: 4

### NUTRITION FACTS, PER SERVING:

406 calories

16.2g fat

698 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 3 sweet potatoes
- Parchment paper or cooking spray\*\*
- 1/2 cup quinoa, rinsed
- 15.5 oz. can black beans, rinsed & drained
- 1/2 cup red onion, finely diced
- 1/3 cup chopped cilantro
- 2 garlic cloves, minced
- Veggie Burger Spice Blend (2 tsp paprika, 2 tsp cumin, 1 tsp chili powder)
- Salt & pepper, to taste\*\*
- 1 1/4 cups quick-cooking oats
- Olive oil\*\*
- 4 hamburger buns
- Toppings: Tomato, sliced / Red Onion, sliced / Avocado, thinly sliced / Lettuce leaves

#### Cucumber Salad:

- 3 TB olive oil\*\*
- 2 TB balsamic vinegar
- 1 garlic clove, minced
- Salt & pepper, to taste\*\*
- 2 English cucumbers, thinly sliced
- 1 avocado, diced

### DIRECTIONS:

1. Preheat oven to 400 degrees. Line a baking sheet with **parchment** or coat with **non-stick cooking spray**.
2. Slice **sweet potatoes** down the center lengthwise. Place cut side down on the prepared baking sheet. Roast until they yield a gentle squeeze, about 30 minutes.
3. In a small saucepan, combine **quinoa** and **1 cup water**. Bring to a boil, then reduce heat to maintain a gentle simmer. Simmer uncovered until all the water is absorbed 10-14 minutes. Remove pan from heat, cover and let steam for 10 minutes.
4. Once the **sweet potatoes** have cooled, remove the skin and place the flesh into a large bowl. Add the **cooked quinoa**, can of drained and rinsed **black beans**, **finely diced red onion**, **1/3 cup chopped cilantro**, **2 cloves minced garlic**, **spice blend**, and **salt & pepper to taste**. Stir to combine and using a potato masher or large spatula mash together. Add the **oats** and stir to combine. Scoop out about 3/4 cup and shape into a patty, repeat process with remaining mixture. Place patties on a lined or coated baking sheet and top each patty with a drizzle of **olive oil**. Bake at 400 degrees for 30 minutes, flipping halfway.
5. Serve burgers on **buns** with your favorite toppings: **sliced tomato, sliced red onion, thinly sliced avocado or lettuce leaves**.
6. Cucumber Salad: In a bowl, whisk together **3 TB olive oil**, **2 TB balsamic vinegar**, **salt & pepper to taste**, and **1 minced garlic clove**. Add the thinly sliced cucumbers and diced avocado. Toss to combine.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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