



FLIK Quinoa Cheddar Burger

Portion Size: 1 each

Recipe Yield: 8

Cannellini Beans (White Beans), dried	1 cup	Fresh Ground Black Pepper	1 tsp
Water	3 cups	Chives, Fresh, Chopped	1 tbsps
Red Quinoa, Dry	1 cup	Lime Juice	2 tsp
Panko Breadcrumbs	1/3 cup	Cheddar Cheese, Shredded	1 cup
Fresh Egg	2 ea	Whole Wheat Hamburger Bun	8 ea
Minced Garlic Cloves	2 tsp	Cooking Spray	As needed
Chipotle Powder	1-1/2 tsp	Romaine Leaves	8 leaves
Kosher Salt	1/2 tsp	Tomatoes, Sliced	16 slices

Soak beans overnight in water. Cook Beans on stovetop until tender. Puree in a food processor. Pureed beans will have a mealy texture. Set Aside.

In a pot, combine quinoa and water. Bring water to a boil and then reduce to a simmer. Cover pot and cook until quinoa is tender and water is absorbed. Chill and set aside.

In a bowl combine cooked quinoa, cannellini puree, breadcrumbs, egg, garlic, chipotle, salt, pepper, chives, lime juice, and cheddar. Portion Mixture into 8 patties. Refrigerate or freeze patties to firm, if needed. Spray pan with pan-spray and cook burgers until heated through.

Serve each burger on a whole wheat bun with lettuce and tomato.

Nutrition Info: Cal: 330; Protein: 16g; Carbs: 45g; Total Fat: 11g; Sat Fat: 4g; Sodium: 480mg; Fiber: 6g; Sugar: 4.5g

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FLIK Vegetable Burger

Portion Size: 1 each

Recipe Yield: 12

Bulgur Wheat	2 cups	Parmesan Cheese, Shredded	1/4 cup
Water	1 qt	Diced Tomatoes, Fresh	2 ea
Canola Oil	1 tbsps.	Panko Breadcrumbs	3/4 cup
Onions, Fresh, Finely Diced	1/2 cup	Parsley, Fresh, Chopped	1/4 cup
Chopped Garlic Cloves, Fresh	2 ea	Cooking Spray	As needed
Broccoli, Fresh, Chopped	1/2 cup	Whole Wheat Hamburger Bun	12 ea
Cauliflower, Fresh, Chopped	1/2 cup	Tomatoes, Sliced	24 slices
Egg White	1/4 cup	Romaine Leaves	12 leaves

Add bulgur wheat to boiling water, lower to a simmer and cook until wheat is tender (approximately 35-40 minutes). Strain, squeeze out all excess water. Chill and set aside.

Sauté the onions and garlic in oil until translucent. Add the broccoli and cauliflower florets, sauce briefly and chill.

Combine the chilled reserved vegetables and chilled reserved bulgur wheat. Add the eggs, parmesan cheese, tomatoes, bread crumbs, and parsley. Mix together until well combined like stuffing consistency. Form into 12 hamburger patties. Sauté in pan with cooking spray until browned and heated through.

Serve each burger on a whole wheat bun with lettuce and tomato.

Nutrition Info: Cal: 270; Protein: 10g; Carbs: 47g; Total Fat: 6g; Sat Fat: 1.5g; Sodium: 300mg; Fiber: 8g; Sugar: 6g

Food by FLIK



FLIK Black Bean Burger

Portion Size: 1 each

Recipe Yield: 10

Black Beans, Dry	2 ½ cups	Cayenne Pepper	1/4 tsp
Water	6 cups	Avocado	1-1/4 ea
Kosher Salt	1 tsp	Panko Breadcrumbs	1-1/3 cup
Canola Oil	5 tsp	Chipotle Peppers, Canned, Minced	1/2 tsp
Onions, Fresh, Finely Diced	½ cup	Cilantro, Fresh, Chopped	¼ cup
Chopped Garlic Cloves, Fresh	5 tsp	Cooking Spray	As need
Chili Powder	1/2 tsp	Whole Wheat Hamburger Bun	10 ea
Oregano, Dried, Crumbled	1/2 tsp	Romaine Leaves (whole)	10 leaves
Ground Cumin	1-1/8 tsp	Tomatoes, Sliced	10 slices

Soak beans overnight in water. Cook beans on stovetop until tender. Add salt, let cool and dry thoroughly. Puree half of the beans in a food processor to form a paste; leave the other half whole. Set beans aside.

Heat oil in a pan, sauté onions and garlic. Add chili powder, dried oregano, ground cumin and cayenne pepper. Combine with bean paste.

Scoop avocado and discard peel and seed. Combine pureed and whole beans with bread crumbs, avocado, chipotle and cilantro. Mix until evenly combined. Form into 10 patties. Spray pan with pan-spray and cook until brown on both sides and heated through. Place each burger on a whole wheat bun with lettuce and tomato.

Nutrition Info: Cal: 390; Protein: 19g; Carbs: 63g; Total Fat: 9g; Sat Fat: 1.5g; Sodium: 560mg; Fiber: 16g; Sugar: 5g

Food by FLIK



FLIK Chickpea Zucchini Burger

Portion Size: 1 each

Recipe Yield: 8

Garbanzo Beans, Dried	1 ¼ pounds	Garlic Powder	3/4 tsp
Red Onions, Fresh, Chopped fine	½ cup	Fresh Ground Black Pepper	3/4 tsp
Cilantro, Fresh, Chopped	3 tbsp	Kosher Salt	3/4 tsp
Zucchini Squash, Grated	1 cup	Cooking Spray	As needed
Vinegar, Red Wine	3 tbsp	Whole Wheat Hamburger Bun	8 each
Sriracha Hot Chili Sauce	2 tsp	Romaine Leaves (Whole)	8 leaves
Sesame Paste (Tahini)	2 tbsp	Tomatoes, Sliced	16 slices
Ground Cumin	3/4 tsp		

Soak beans overnight in water. Cook Beans on stovetop until tender. Puree garbanzo beans in a food processor. Note - bean puree texture will be mealy. Set Aside.

In a large bowl, combine red onion, cilantro, zucchini, red wine vinegar, sriracha, tahini, cumin, garlic powder, pepper, and salt.

Mix in pureed garbanzo beans. Form into 8 burger patties. Place burgers in refrigerator or freezer for a few hours to firm before serving. Using a pan, sear burger with pan-spray and cook burgers until heated through. Place each burger on a whole wheat bun with lettuce and tomato.

Nutrition Info: Cal: 290; Protein: 13g; Carbs: 47g; Total Fat: 7g; Sat Fat: 1g; Sodium: 480mg; Fiber: 9g; Sugar: 9g

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