

Falafel Burger, Zucchini, Corn Relish **FIT**

Portion Size: 1 each Yield: 6 servings



Garbanzo Beans, dry	9 oz	Tahini (Sesame Paste)	1 tbsp
Lemon Juice, fresh	2 tbsp	Corn Kernels, fresh	1/2 cup
Red Onions, chopped	1/4 cup	Zucchini, diced	1/2 cup
Garlic, chopped	2 cloves	Plum Tomatoes, diced	1/4 cup
Cilantro, chopped	3/4 cup	Apple Cider Vinegar	1/3 cup
Parsley, chopped	3/4 cup	Sugar	1 tbsp
Cumin, ground	1 tbsp	Mustard Seeds	1/2 tsp
Chili Powder	1 tbsp	Canola Oil	1 tbsp
Kosher Salt	1/2 tsp	Whole Wheat Hamburger Buns	6 each
Baking Powder	1/2 tsp		

1. Cover DRY beans with water and allow them to soak overnight. Drain beans.
2. Add half of the soaked beans to a food processor with lemon juice and process until smooth. Add remaining soaked beans to food processor with red onion, garlic, cilantro, parsley, cumin, chili powder, salt, baking powder, and tahini. Process until mixture is coarsely ground but holds together.
3. Portion mixture into 4 oz patties. Refrigerate or freeze patties until firm.
4. In a bowl, combine corn, zucchini, and tomatoes. Set aside.
5. In a pot, combine apple cider vinegar, sugar, and mustard seeds. Bring to a boil to dissolve sugar. Pour hot liquid over corn/zucchini mixture; stir to combine.
6. Heat a sauté pan over medium heat with canola oil. Sear burgers until crispy and golden brown on both sides. Serve each burger, in a whole wheat bun, with 2 tbsp of relish.

Nutrition Info (1 each): Cal: 440, Total Fat: 12g, Sat Fat: 2g, Sodium: 590mg, Carbs: 70g, Protein: 18g, Sugar: 12g, Fiber: 10g

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Buffalo Cauliflower Burger, Poblano Relish **FIT**

Portion Size: 1 each Yield: 10 servings



Poblano Peppers, fresh	1 lb	Black Pepper	3/4 tsp
Apple Cider Vinegar	1/3 cup	Quinoa, cooked	1 cup
Sugar	2 tbsp	Scallions, chopped	1/4 cup
Cauliflower, fresh	1 1/2 lb	Cooking Spray	as needed
Garbanzo Beans, cooked	2 cup	Whole Wheat Hamburger Buns	10 each
Frank's Buffalo Sauce	1/4 cup		

1. Char poblano peppers over open flame. Once charred, place peppers in a bowl, cover with plastic wrap, let sit for 15 minutes. Once cool, peel away skin, remove seeds, and finely dice.
2. Combine peppers, apple cider vinegar, and sugar in a saute pan. Cook until vinegar is reduced, about 3 minutes. Chill relish in refrigerator.
3. Remove very end of the cauliflower stems; cut heads into quarters. Use box grater and shred cauliflower.
6. Steam cauliflower until tender, about 3 minutes. Then place cauliflower in a fine mesh strainer and squeeze out all excess liquid (can also use cheese cloth).
7. Combine garbanzo beans, buffalo sauce, and black pepper in a food processor; puree until smooth. Place garbanzo mixture in a bowl with quinoa, cauliflower, and scallions. Mix until evenly distributed. Portion mixture into 4 oz patties and refrigerate until ready to use.
8. Spray grill or griddle with non-stick cooking spray and sear each side of burgers. Place burger on whole wheat hamburger bun and top with 2 TBSP of poblano relish.

Nutrition Info (1 each) : Cal: 340, Total Fat: 7g, Sat Fat: 1g, Sodium: 500mg, Carbs: 58g, Protein: 13g, Sugar: 13g, Fiber: 9g

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