

SORGHUM MUSHROOM BURGER, AVOCADO YOGURT SPREAD, WHOLE WHEAT BUN

Serving size: 1 each

Makes 4 servings

SORGHUM MUSHROOM BURGER

- ½ pound Portobello Mushrooms
- 2 TBSP Canola Oil
- 2 TBSP Shallots, chopped
- 2 tsp Garlic Cloves, minced
- 1 TBSP Low Sodium Soy Sauce
- 1 TBSP Balsamic Vinegar
- 1/2 tsp 100% Pure Maple Syrup
- 1 tsp Smoked Paprika
- ¼ tsp Red Pepper Flakes
- ¼ tsp Black Pepper
- pinch Kosher Salt
- 1 cup Sorghum, cooked
- ¼ cup Pumpkin Seeds,

hulled

- 2 TBSP Flaxseeds, ground
- 2 TBSP cup Water
- 1/2 cup Panko Breadcrumbs
- 2 TBSP Cilantro, chopped
- as needed Cooking Spray

AVOCADO GREEK YOGURT DIP

- 2 tsp Lime Juice
- 2/3 cup Plain Greek Yogurt, fat free
- ¼ Avocado, sliced
- 1/8 tsp Black Pepper,
- 1/8 tsp Salt
- 1 TBSP, 1 tsp Cilantro, chopped
- ¼ tsp Cumin, ground

ASSEMBLE

- 4 Whole Wheat Hamburger Buns

Preparation:

Avocado Greek Yogurt Dip

1. Combine avocado, yogurt, lime juice, cumin, cilantro, salt and pepper in a food processor and blend until smooth. Reserve ½ cup to top burgers and refrigerate the rest for an alternate use.

Sorghum Mushroom Burger

1. Remove stems and gills from mushrooms and dice.
2. Heat canola oil in a sauté pan. Add shallots and mushrooms and cook until lightly caramelized, about 1-2 minutes. Add garlic to pan and cook until fragrant, about 20-30 seconds.
3. Add soy sauce, balsamic vinegar, maple syrup, smoked paprika, red chili flakes, pepper and salt. Cook until liquid is reduced by 50%.
4. In a food processor, combine cooked sorghum, mushroom mixture, pumpkin seeds, flax and water. Pulse until mostly smooth. Add panko and cilantro and pulse until combined.
5. Prepare a flat top grill with pan spray and sear patties until golden brown on both sides and heated through.

Assemble

1. Place each patty on a bottom bun and top with 2 TBSP avocado dip, close with top bun and serve.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	510
total fat (g)	23
saturated fat (g)	3.5
trans fat (g)	0
sodium (mg)	580
total carbohydrate (g)	62
dietary fiber (g)	9
sugar (g)	10
protein (g)	19

GRILLED SCALLION, FARRO, MINT SALAD, LEMON-MISO DRESSING

Serving size: ½ cup

Makes 10 servings

- 1 pounds Farro, dry
- as needed, Cooking Spray
- 1 large bunch Green Scallion Onions
- 2 TBSP Lemon Juice
- 1 tsp Lemon Zest, grated
- 2 ½ TBSP Canola Oil
- 1 TBSP White Miso Paste
- 1/2 tsp Ground Black Pepper
- ¼ cup Mint, chopped
- ½ cup Edamame, shelled, frozen, thawed
- 1/3 cup Carrot, sliced

Preparation:

1. To prepare farro, heat water in a large pot with a lid. Stir in farro, reduce heat and simmer covered for 25-30 minutes, or until desired texture. Drain the farro through a fine-mesh strainer and set aside.
2. Prepare grill with pan spray. Cook scallions until charred and soft, about 2 minutes. Let cool. Chop of the roots and slice the rest of the scallions into 1-inch pieces.
3. In a small bowl, mix lemon juice, lemon zest, oil, miso paste and black pepper.
4. In a serving bowl, mix cooked farro, scallions, mint, edamame, carrots, and lemon-miso dressing and serve.



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NUTRITION FACTS PER SERVING

calories	110
total fat (g)	5
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	85
total carbohydrate (g)	14
dietary fiber (g)	3
sugar (g)	1
protein (g)	4

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