
Mediterranean Vegetable Burgers

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 45 minutes

6 sun-dried tomatoes

1/2 cup Boar's Head Feta cheese, crumbled

2/3 cup whole wheat bread crumbs

1/4 teaspoon freshly ground black pepper

1 1/2 cups water

1 teaspoon Better Than Boullion Vegetable Base

1/2 cup millet

2 tablespoons olive oil

1/2 cup shallots, finely chopped

4 cloves garlic, minced

1 1/2 cups lacinato kale, leaf only

1 1/2 cups baby spinach

1/4 cup pine nuts, toasted

2 tablespoons fresh basil, chopped

2 dashes Cholula sauce

1/8 teaspoon salt

Place sun-dried tomatoes in a pan and cover with boiling water. Let soak for 30 minutes. Drain and finely chop. Add Feta, bread crumbs and pepper.

Bring water and vegetable base to a boil, stir in millet seed. Reduce the heat and simmer with the pot covered for 30 minutes. All liquid should be absorbed. Let stand covered for 10 minutes. Fluff with fork and cool to room temperature.

Add olive oil to a pan and sauté the shallots until soft and lightly colored. Add garlic and sauté for one minute. Add kale and spinach and heat just until wilted. Cool.

Place pine nuts in a food processor and pulse to a paste. Place millet in the food processor and pulse just until mixed. Add spinach and kale mixture along with basil, Cholula sauce and salt. Pulse to mix. Mix the contents of the food processor into a bowl with the tomato and feta mixture.

With moistened hands form burgers. Refrigerate until ready to cook.

To cook use a non-stick pan or a non-stick grill tray for grilling. Spray each burger with non-stick spray and grill or sauté for four minutes each side.

Serving Ideas: Serve with a medley of freshly grilled vegetables and olive tapenade.

Vegetarian Entrees