

COOKING FOR WELLNESS

April 2021 Recipes



Speedy Veggie Burgers

Serves: 8 / Preparation time: 20 minutes

Total time: 35 minutes

3 ~~4~~ slices stale or toasted whole-wheat bread or 1 cup panko bread crumbs
1/4 ~~1/2~~ cup whole or slivered almonds, toasted
1 teaspoon ground coriander
1 clove garlic, peeled
1/2 cup coarsely chopped onion
1 cup coarsely chopped fennel bulb or celery
3/4 cup coarsely chopped cilantro stems and leaves
2 1/4 cups cooked garbanzo beans,

divided (about 1 1/2 fifteen-ounce cans), drained and rinsed
1/2 medium red bell pepper, washed, seeded and finely chopped
2 tablespoons toasted wheat germ or untoasted rolled oats
1/2 teaspoon salt or more to taste
Freshly ground black pepper to taste
~~1~~ ~~tablespoon~~ olive oil 1 + sp.
Hamburger buns or favorite roll
Tzadziki sauce
Alfalfa or favorite sprouts

Break the bread into pieces and place in a food processor fitted with the metal blade. Pulse the bread into crumbs; you should have at least 2 cups. Transfer the crumbs to a large bowl. Put the almonds in the food processor and process until finely chopped. Add the almonds and coriander to the bowl.

In the food processor, finely chop the garlic, onion, fennel or celery, and cilantro. Add 1 1/2 cups of the beans and pulse until the beans are mixed in and mostly chopped (but not totally puréed). Transfer the mixture to the bowl. Add the red pepper, wheat germ or rolled oats, salt and pepper to taste and olive oil. Stir well. Form the mixture into six patties. If the

mixture seems too dry, process the remaining 1/2 cup beans in the food processor until smooth. Mix in enough of the paste-like bean mixture until the patties hold together. Wrap in plastic wrap and chill at least 30 minutes before grilling.

Preheat the grill to medium-high. When the grill is ready, oil the grill grates well.

Place the burgers on the hot grate and grill for 3 to 4 minutes per side. Remove from the grill and serve the burgers on buns topped with tzadziki sauce and sprouts.

Adapted from "Vegetarian Planet" by Didi Emmons (Harvard Common Press, \$21.95).

Tested by Susan Selasky for the Free Press Test Kitchen.

360 calories (24% from fat), 9 grams fat (2 grams sat. fat), 56 grams carbohydrates, 15 grams protein, 611 mg sodium, 5 mg cholesterol, 277 mg calcium, 7 grams fiber.

300 cals ea.

Bread-and-Butter Zucchini Pickles

Active **30 min**; Total **1 hr 30 min**
plus overnight pickling

Makes **about 1 quart**

- 1 lb. very firm medium
zucchini, sliced crosswise
1/8 inch thick**
- 1/2 cup thinly sliced onion**
- 3 Tbsp. kosher salt**
- Ice water**
- 1 1/2 cups unfiltered apple
cider vinegar**
- 1/3 cup sugar**
- 2 tsp. brown or yellow
mustard seeds, crushed**
- 1 1/2 tsp. dry mustard powder**
- 1 tsp. ground turmeric**

1. In a large bowl, toss the zucchini and onion with 2 tablespoons of the kosher salt. Cover with ice water and let stand until just softened, about 45 minutes. Drain the zucchini and onion well and pat dry.

2. Meanwhile, in a medium saucepan, combine the remaining 1 tablespoon of salt with the vinegar, sugar, mustard seeds, mustard powder, turmeric and $\frac{1}{2}$ cup of water. Bring to a boil, stirring to dissolve the sugar; let cool completely.

3. Transfer the zucchini and onion to a 1-quart glass jar and pour in enough brine to cover. Seal with the lid and refrigerate overnight before serving.

—*Tara Derr Webb*

MAKE AHEAD The pickles can be refrigerated in the brine for up to 1 week.

Spicy Chickpea Rolls

2/3 cup dry garbanzo beans,
soaked overnight and
drained
1 tsp. baking soda
1/2 tsp. salt
1/2 cup finely chopped onion
1/4 cup finely chopped parsley
2 tsp. fresh lemon juice
1 clove garlic, minced
3/4 tsp. ground cumin
3/4 tsp. ground coriander
1/8 tsp. cayenne pepper
Dash freshly ground black
pepper
2 tsp. olive oil
2 medium tomatoes, chopped
1/4 cup tahini
1/4 cup cold water
1/4 cup fresh lemon juice
1 to 3 cloves garlic, minced
1/4 tsp. salt
6 whole wheat flour tortillas
(8" diameter)

Makes 6 large rolls

- ❶ In a food processor or blender, combine garbanzo beans, baking soda and salt. Process until mixture is like coarse bread crumbs. Transfer to a large mixing bowl. Stir in onion, parsley, 2 teaspoons juice, 1 clove garlic, cumin, coriander, cayenne and black pepper.
- ❷ Heat oil in a medium nonstick skillet over medium-high heat. Add garbanzo mixture. Cook until lightly browned, about 6 min. Transfer cooked mixture to a medium bowl. Stir in tomatoes. Set filling aside.
- ❸ In a blender or food processor, combine tahini, water, 1/4 cup juice, 1 to 3 cloves garlic and salt. Process until smooth. Stir sauce into filling. Set aside.
- ❹ Preheat oven to 350°. Spoon about 1/2 cup filling onto bottom half of one tortilla. Fold up bottom edge to cover filling. Fold in sides, then roll to enclose filling. Repeat with remaining tortillas and filling. Wrap each roll in foil and bake for 20 to 25 min., or until heated through.

Helpful Hints:

Freeze unbaked wrapped rolls. Bake frozen rolls at 350° for 1 hour, or until heated through.