

a bushel and a peck

recipes from an ambitious home cook

Fall-Inspired Veggie Burgers

1 small onion, diced
1 small apple, chopped
1/2 pound brussels sprouts, stems removed and sliced in half
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons balsamic vinegar
1 cup cooked quinoa (I used the red kind)
1 1/2 cups chickpeas
2 large eggs, lightly beaten
1/3 cup flour
1/4 teaspoon smoked paprika
Havarti cheese for serving

In a skillet, sauté the onion, apple, and brussels sprouts in some olive oil. When everything is soft, pour the balsamic vinegar in and stir to combine. Let sizzle for another couple of minutes.

In the bowl of a food processor, combine the sautéed mixture, chickpeas, cooked quinoa, eggs, and smoked paprika. Pulse until everything is chopped up, but don't let it get puréed.

Scrape the mixture out into a bowl and fold in the flour to combine. At this point, the mixture will be pretty wet. If you feel like it's too wet, add a little more flour. When you can, try to scoop some out and form it into a patty. It will be sticky and might not really hold together very well. I actually formed the patties and put them directly into the pan with some hot oil. By the time the bottom is crunchy, you can flip the burgers and let the other side get crisp. When they're done, they hold together just fine.

Serve on a toasted bun with melted Havarti. If you're feeling feisty, slice the remaining sprouts thin and toss them with some oil, vinegar, and grainy mustard for a simple slaw.

To freeze the patties, let them cool and then pack them into bags in single layer. Label and freeze for emergency dinners.