

MAKING MEMORIES

COOKING WITH KSPS



VEGGIE BURGER WITH TAHINI MAYONNAISE

- 1/2 cup medium-grind bulgur
- 1 can (14.5 ounces) pinto beans rinsed and drained
- 1/4 cup plain breadcrumbs
- 4 scallions thinly sliced
- 1 large egg
- 1 large carrot coarsely grated
- 1/4 teaspoon cayenne pepper
- 3 tablespoons tahini (sesame-seed paste)
- 3 tablespoons vegetable oil
- 4 whole-wheat English muffins toasted
- Lettuce
- 1/2 cup light mayonnaise
- 1 to 2 tablespoons fresh lemon juice

1. In a medium bowl, mix bulgur with 1/4 teaspoon coarse salt and 1 cup boiling water.
2. Cover bowl, and let sit until bulgur is tender (but still slightly chewy), about 30 minutes. Drain in a fine-mesh sieve, pressing to remove liquid.
3. Place beans in a medium bowl; mash with a potato masher until a coarse paste forms.
4. Add breadcrumbs, scallions, egg, carrot, cayenne, 2 tbsp. tahini, and bulgur. Season with salt and pepper, and mix to combine.
5. Form mixture into 4 patties, each about 1 inch thick.
6. In a large skillet, heat oil over medium-low. Cook patties until browned and firm, 5 to 8 minutes per side.
7. Serve on English muffins with Tahini Mayonnaise and lettuce.
8. **Tahini Mayonnaise:** In a small bowl, whisk together 1/2 cup light mayonnaise, 1 to 2 tablespoons fresh lemon juice, and 1 tablespoon tahini (sesame-seed paste); season with coarse salt and ground pepper.



KSPS.ORG/MAKINGMEMORIES

