

Sun-Dried Tomato, Basil, and White Bean Burgers

By Kendra Vaculin

If I've said it once, I've said it every single waking hour of my life and sometimes while I'm sleeping: The best kind of cooking is the kind that involves mashing a lot of stuff together and then frying it. This iteration features the flavor power couple of sun-dried tomatoes and basil and also hits you with protein from the legume- and grain-based angles. If I had known about these burgers when I was trying to be a vegetarian in college, I may never have fallen off the wagon.

Makes about 8 patties

- 1 egg
- 1 15-ounce can white beans, rinsed and drained (I used navy!)
- 1 cup cooked quinoa
- 3 cloves garlic, minced
- 2 tablespoons (heaping! you can't have too many, to be honest) roughly chopped sun-dried tomatoes (I had the dry kind, rather than the sort packed in oil, and I used 8 tomatoes)
- 1/2 teaspoon lemon juice
- 1/2 cup packed fresh basil, chopped
- 3 teaspoons flour (most anything will work -- I used rice flour but all-purpose is perfect)
- 1/3 cup grated Parmesan
- big pinch chili powder
- salt and freshly ground pepper

1. Crack egg into a large bowl and beat well. Add the beans and, using a potato masher or the back of a big wooden spoon, mash them together with the egg until relatively smooth but with some chunks remaining.
2. Fold in the cooked quinoa. Then add the rest of the ingredients (...all of them. Get Oprah about it: You go in the bowl! And you go in the bowl! Yikes sorry I'll see myself out). Mix until combined.
3. Roll small handfuls of the batter into balls the size of clementines. Press down to form a patty about 3 inches in diameter. [Editors' note: If you're having trouble getting your burgers to adhere, add another egg and mix to combine. Add a small amount of flour, just a little at a time, if the mixture is too wet.]
4. Grease a pan and heat over medium. Cook the patties about 3 minutes a side, until golden brown.
5. Eat them however you are craving them! Cut up on a salad (10/10), on a bun with olive tapenade or hummus and a few leaves of spinach (A+), or by itself out of a Ziploc bag from your fridge the day after tomorrow (100%).