

BETTER VEGAN BURGER RECIPE

Ingredients:

- 1 ½ cups (155 g) cooked brown rice
- 1 ½ cups (120 g) breadcrumbs
- ¾ Tbsp olive oil
- ¾ white onion (~55 g | ¾ cup), finely diced
- 1 ½ Tbsp (~8 g) each chili powder, cumin powder, and smoked paprika
- ¾ tsp each sea salt and black pepper, plus more for coating burgers
- 1 ½ Tbsp (12 g) coconut sugar
- 2 ¼ cups (227 g) cooked black beans, well rinsed, drained and patted dry
- 1 cup (22 g) panko bread crumbs
- 4-6 Tbsp (51-68 g) vegan BBQ sauce

Directions:

1. Cook brown rice following individual instructions.
2. Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until fragrant and golden brown. Let cool and move onto the next step.
3. In the meantime, heat the same skillet over medium heat. Once hot, add ½ Tbsp oil and onion. Season with a bit of salt and pepper and sauté for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat and set aside.
4. Once walnuts are cooled, add to blender or food processor with chili powder, cumin, smoked paprika, salt, pepper and coconut sugar and blend until a fine meal (see photo) is achieved. Set aside.
5. To a large mixing bowl, add drained, dried black beans and mash well with a fork, leaving only a few whole beans (see photo).
6. Next add cooked rice, spice-walnut mixture, sautéed onion, panko bread crumbs, BBQ sauce, and mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms. If dry, add extra 1-2 Tbsp BBQ sauce. If too wet, add more panko bread crumbs. Taste and adjust seasonings as needed.
7. For larger burgers, divide into 5 patties (½ cup in size), or form 10 smaller burgers (¼ cup in size). To help form the patties, line your ½ or ¼ measuring cup with plastic wrap and pack with burger mixture.
8. Press down to pack firmly, then lift out by the plastic wrap's edge, and slightly flatten with hands to form a ¾-inch thick patty. Set on a baking sheet or plate for grilling.
9. If grilling, heat the grill at this time and brush the grill surface with oil to ease cooking. Otherwise, heat the same skillet you used earlier to medium heat.
10. Once skillet is hot, add just enough oil to lightly coat the bottom of your skillet, then add your burgers - only as many as will comfortably fit in the pan. Otherwise, add burgers to the grill and close lid.

11. Cook for 3-4 minutes or until well browned on the underside, then flip gently. They aren't as firm as meat burgers, but will definitely hold their shape. Reduce heat if cooking/browning too quickly. Cook for 3-4 minutes on other side.
12. Remove burgers from heat to let cool slightly, and prepare any other toppings/sides at this time (such as grilling/toasting your buns).
13. Serve burgers as is, or on toasted buns with desired toppings. Leftovers keep in the refrigerator for 2-3 days. See notes for freezing/reheating instructions.

WINTER GREENS SALAD WITH FENNEL, CITRUS, AND CREAMY CITRUS VINAIGRETTE RECIPE

Ingredients:

- 1 1/2 pounds (700 grams) mixed citrus fruit (such as oranges, grapefruit, pomelo, tangerines, and mandarins), peeled and cut into supràmes or 1/4 wheels, juices reserved separately
- 1/4 cup (50 grams) mayonnaise
- 1 tablespoon (15 milliliters) juice from 1 lemon
- 1 tablespoon (15 milliliters) honey
- 2 tablespoons (30 milliliters) extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 Belgian endive
- 1 small head radicchio (about 5 ounces/150 grams)
- 1 head escarole, washed and roughly chopped (about 6 cups/300 grams chopped leaves)
- 1 large bulb fennel (about 6 ounces/175 grams), shaved on a mandoline

Directions:

1. Combine 1/4 cup (60 milliliters) citrus juice with mayonnaise and lemon juice in a medium bowl (save remaining citrus juice for another use). Whisk in honey. Whisking constantly, slowly add olive oil in a thin, steady stream. Season to taste with salt and pepper.
2. Toss endive, radicchio, escarole, fennel, and citrus segments in a large bowl. Drizzle in half of dressing, season to taste with salt and pepper, toss to combine, then drizzle in more dressing to taste. Serve immediately.

BAKED SWEET POTATO FRIES RECIPE

Ingredients:

- Olive Oil, for tossing
- 6 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips

- Oil
- 1 tablespoon House Seasoning (recipe follows)
- 1/2 teaspoon paprika

- House Seasoning:
 - 1 cup salt
 - 1/4 cup black pepper
 - 1/4 cup garlic powder

Directions:

1. Preheat oven to 450 degrees F.
2. Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with House Seasoning and paprika. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd.
3. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.

WATER

Ingredients:

- Good Old-Fashioned H₂O

NOTES:

- Green represents FLOSN ingredient
- Total food cost per serving was ~\$3.63!



Instagram



people.dont.call.me I felt like a true chef !! Ingredients:

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1 ½ cups (120 g) bread crumbs

¾ Tbsp olive oil

¾ white onion (~55 g | ¾ cup), finely diced

1 ½ Tbsp (~8 g) each chili powder, cumin powder, and smoked paprika

¾ tsp each sea salt and black pepper, plus more for coating burgers

1 ½ Tbsp (12 g) coconut sugar

2 ¼ cups (227 g) cooked black beans, well rinsed, drained and patted dry

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While some of the items used for the creation of this meal were simply things I had around my house (primarily bought at Hyvee), many of the FLOSN ingredients used were bought at Whole

Foods. The honey used in the citrus salad was actually produced by my neighbor's bee hives. The leftovers and most extra organic waste was saved in either the refrigerator or freezer to consume or use later, with the only exception being onion skin, and citrus rinds which were thrown away. I plan to eat some leftover better burgers tomorrow!