

Parmesan, Kale & White Bean Burgers



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I adapted this slightly from the original making 8 patties instead of 6 and in the prep since my patty mixture felt loose.

Ingredients

$\frac{1}{2}$ onion, diced
2 garlic cloves, minced
2 large leaves kale, stems removed, leaves chopped
2 tablespoons water
 $\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{8}$ teaspoon red pepper flakes
 $\frac{1}{8}$ teaspoon paprika
salt and pepper, to taste
3 cups cooked white beans (or 2, 15 oz. cans rinsed and drained)
1 teaspoon red wine vinegar
 $\frac{1}{4}$ cup grated parmesan
2 sun-dried tomatoes, diced
 $\frac{1}{2}$ cup panko breadcrumbs
2 eggs

Method

1. In a skillet set over medium heat, cook onion and garlic,

in bit of oil, until softened. Add kale, water and spices. Cook until kale is wilted. Mash beans in a large bowl with a potato masher or the back of a fork. Add kale mixture and remaining ingredients, mashing as you go. Season mixture with salt and pepper. Divide and form into 8 patties.

2. Cook on the grill or the stove top over medium heat, until both sides are browned and patties are heated through.

3. Serve 2 patties over a bed of salad greens with a drizzle of salad dressing of your choice.

Notes

These can be made ahead and chilled until ready to cook.

From author: Adapted from The Catskill Kiwi.

Melissa's note – I chilled these in the freezer for 15 minutes before cooking in a hot pan on the cooktop because my mixture was wet, maybe because I used panko breadcrumbs. The chill period helped the patties stay together for the cook.

Source: Kitchen Simplicity (4 servings | 8 burgers)