

## MAKING HEALTHY BURGERS

While for a meat-eater a juicy burger can be one of life's pleasures, most food such as this can bring on chronic disease.

The good news is that there's a tasty, whole-food burger you can easily make at home that is good for your health.

### the patty

Where your health is concerned, the best burgers are made from beans, not beef—and they can taste great!

Start with a cooked or canned bean or lentil of your choice (leftover dhal or thick bean soup or stew also work) and mash coarsely. Add to this any ingredients of your choice, like sautéed onion, garlic or finely sliced spring onion; coarsely chopped nuts or seeds, mushrooms and sun-dried tomatoes; dried or fresh herbs and spices such as fresh parsley, dried oregano, ground cumin or chipotle; and a nutritious flour or leftover cooked grains to bind (for example, lupin or besan (chickpea) flour, rolled oats, cooked millet or quinoa).

Not all burgers need egg. If your mixture

doesn't look firm enough, as a vegan alternative, you can also use "chia egg." Simply stir in 1 to 2 tablespoons of chia seeds with a small amount of water until a gel is formed, then fold in.

There are hundreds of variations on this theme, so be creative. Use a ½- or ⅓-cup measure to create evenly sized patties. You can oven bake (flip half-way through to brown both sides) or fry in extra virgin olive oil.

### assembly

- ▶ Choose a wholegrain bun, burrito or flat bread.
- ▶ Spread with hummus, avocado, pesto, mustard or lemon tahini sauce.
- ▶ Pile up with colourful raw salad or leftover roast vegetables—and don't forget to include some sprouts.
- ▶ Top with your patty, and enjoy!
- ▶ You can also add caramelised onions and homemade tomato sauce or salsa.

### time-saving tips

Make patties ahead in bulk and freeze for a quick meal. For an emergency, you can buy chilled or frozen patties, like lentil burgers and soy schnitzels, but beware of their sodium content.

