

HOMETOWN SPIRIT

Serves: 4 • Serving size: 1 burger

13
minutes

PREP: 5 minutes

COOK: 6–8 minutes

QUINOA Burgers

- 2 cups red or tricolor quinoa, cooked
- $\frac{3}{4}$ cup mashed sweet potatoes (1 large sweet potato)
- $\frac{1}{4}$ red onion, chopped
- $\frac{1}{2}$ cup ground oatmeal
- $\frac{3}{4}$ tsp. southwest chipotle
- $\frac{1}{4}$ tsp. salt

1. In medium bowl, combine quinoa, sweet potato, red onion and oatmeal. Stir until fully incorporated.
2. Add remaining ingredients and stir to combine. Press mixture $\frac{2}{3}$ cup at a time into burger press. Stack, seal and freeze for up to 1 month.
3. Place 2 burger patties in base of MicroPro® Grill and microwave on high power 2–3 minutes on each side with cover on grill position. Continue with remaining burgers until thoroughly cooked.

Nutritional Information (per serving):

Calories: 210 Total Fat: 2.5g Saturated Fat: 0g Cholesterol: 0mg Sodium: 600mg
Carbohydrates: 41g Fiber: 6g Sugar: 4g Protein: 7g Vitamin D: 0% Calcium: 4% Iron: 15%
Potassium: 8%

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Tupperware®



TO DEMO



MicroPro Grill®



Hamburger Press
and Keepers Set

OPTIONAL



Measuring
Cups



Thatsa® Bowl



Universal
Series Chef
Knife



Large Spice
Shaker Set