## HOMETOWN SPIRIT

Serves: 4 · Serving size: 1 burger



## QUINOA Burgers

2 cups red or tricolor quinoa, cooked

3/4 cup mashed sweet potatoes (1 large sweet potato)

1/4 red onion, chopped

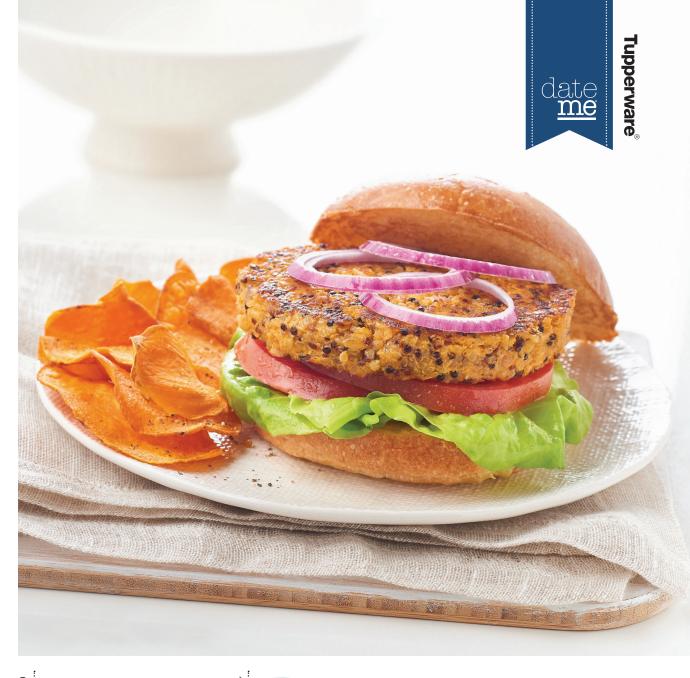
½ cup ground oatmeal

3/4 tsp. southwest chipotle

¼ tsp. salt

- 1. In medium bowl, combine guinoa, sweet potato, red onion and oatmeal. Stir until fully incorporated.
- 2. Add remaining ingredients and stir to combine. Press mixture 3/3 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%













Measuring

Cups









MicroPro Grill®

and Keepers Set

Thatsa® Bowl

Universal Series Chef Knife

Large Spice Shaker Set