



Makes 6 burgers
Preparation Time: 35 minutes
Cook Time: 20 minutes

INGREDIENTS:

½ cup thinly sliced cucumber
¼ cup coarsely shredded carrot
3 radishes, thinly sliced
2 tablespoons rice vinegar
½ teaspoon pure cane sugar
⅛ teaspoon sea salt
1 lb. portobello mushrooms, caps and stems coarsely chopped
⅔ cup sliced scallions (green onions)
2 tablespoons reduced-sodium soy sauce or tamari
2 tablespoons balsamic vinegar
2 teaspoons grated fresh ginger
½ teaspoon pure maple syrup
½ teaspoon smoked paprika
¼ teaspoon crushed red pepper
1 cup whole wheat panko bread crumbs
⅔ cup cooked and cooled short grain brown rice
½ cup coarsely chopped walnuts
¼ cup flaxseed meal
Sea salt and freshly ground black pepper, to taste
6 fresh pineapple slices
6 leaves Bibb or red-leaf lettuce

Pineapple Teriyaki Burgers

These homemade veggie burgers are colorful, bright, and fresh, with a bit of heat to contrast the tangy carrot pickle and sweet pineapple. Sticky rice is best in this recipe because it will help the burgers hold together. Note that this recipe calls for cooked and cooled rice, so be sure to have that ready to go.

By Nancy Macklin, RDN

- 1** Make Carrot Pickle: In a bowl combine cucumber, carrot, radish, rice vinegar, sugar, and ⅛ teaspoon salt. Cover and chill until ready to serve.
- 2** In a large skillet cook mushrooms over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add scallions; cook 1 to 2 minutes or just until scallions have wilted. Remove from heat.
- 3** In a bowl combine the next six ingredients (through crushed red pepper). Reserve 1 tablespoon to use on pineapple.
- 4** In a large food processor combine mushroom mixture, panko, rice, walnuts, flaxseed meal, and the remaining soy sauce mixture. Cover and pulse until chunky but not pureed. Season with salt and black pepper. Shape into six patties, pressing firmly. Chill at least 20 minutes.
- 5** Brush pineapple slices with the reserved 1 tablespoon soy sauce mixture. Grill pineapple and burgers, covered, over medium 8 minutes, turning once.
- 6** Place each burger on a lettuce leaf. Top with grilled pineapple and Carrot Pickle.