

WIN Winter Weekend '22
Down to Earth Recipes
from Linda Garrettson, the Good Natured Cook
Stacking the Burger
Serves 6

Ingredients:

From bottom to top:

Fresh greens, raw arugula or steamed kale

The Smash (see recipe on page 2)

The Burger (see recipe for Sweet Potato & Bean Burger on page 3)

Sliced tomato

Sliced avocado

Pucker Up Pesto (see recipe on page 4)

Sprouts

Assembling:

Stack it up! Be creative! Enjoy!

Good Natured Tips for other stacking options:

Sauteed onions

Sauteed mushrooms

Sauteed leeks

Sliced scallions

Lacto fermented pickles – beet or carrots

Mustard

Sauerkraut

Sugar free ketchup

Spinach greens

Any greens

Raw lettuce

The beauty of stacking is that you can make a variety of other meals out of the ingredients. Try making pasta and broccoli with the pesto. See the smash recipe for other ideas, and burgers can partner with soups, on a whole-wheat roll, or be crumbled into a tomato sauce for pasta. They can even be rolled into veggie balls for sauce or made into a veggie ball grinder. Mama Mia!

The Smash

Makes 6 to 8 cups

Ingredients:

3 to 4 yellow potatoes, unpeeled and diced
1 small cauliflower, cut into small pieces
1 medium turnip, peeled and diced
2 tablespoons nutritional yeast
2 cloves roasted garlic, pureed with a fork
1/2 teaspoon sea salt
* optional 1/4 to 1/2 cup soy or oat milk, if needed

Start Cooking:

1. Steam the vegetables over simmering water until fork tender, about 20 minutes.
Drain the vegetables and mash—or smash—your choice, to desired consistency.
2. Add the nutritional yeast, roasted garlic, sea salt, and soy milk if needed. A word of caution, cauliflower and turnips especially contain a good amount of water. Hold off on the soy milk until after you've smashed them. It's often not needed.

Good Natured Tips:

Here's a chance to get creative. I've made smashes with purple potatoes, orange and white sweet potatoes, assorted types of turnips, rutabaga, parsnips, millet and herbs like chopped celery leaves, parsley, cilantro, thyme, basil to name a few. The purple potatoes actually turned pink when cooked!

You can use smashes like you would any mashed potato; for a topping on Shepardless pie, a side with lentil meatless loaf or stuffed back in a baking potato shell and topped with chopped scallions and tofu sour cream.

A note on plant diversity:

Not only does our gut love fiber, i.e. plants, but it also loves diversity. Not all microbes like the same foods. If not fed their favorite food, they wither and die. More microbes equate to better health. So, feed your purple potato loving microbes whenever you can. Try new vegetables, feed those microbes!

Sweet Potato & Bean Burger

Makes 6 burgers

Ingredients:

1 sweet potato, peeled and cubed (my favorite is the purple-skinned Japanese variety)
1 tablespoon ground flax seeds
3 tablespoons water
1 can black beans, rinsed and drained (chickpeas, cannellini, red beans are also good)
1 red (or yellow) onion, chopped
2 cloves garlic, crushed
Several sprigs of parsley or cilantro, chopped
Zest and juice of 1 lime
1 teaspoon cumin
1 teaspoon paprika
1 to 2 teaspoons chili powder
2/3 cup oat bran, (oat flour or quinoa flakes are options)
Sea salt
Oat bran or cornmeal for dusting

Start Cooking:

1. Steam the sweet potatoes until fork tender, about 15 minutes. Mash with a fork and set aside in a mixing bowl.
2. Mix the flaxseeds and water and set aside.
3. Preheat the oven to 400 degrees. Line an oven-proof baking sheet with parchment paper.
4. Pulse the beans, garlic, and onion in a food processor, until it resembles a coarse meal. Add the parsley, lime zest, cumin, paprika, chili powder, a few pinches of sea salt and flaxseeds. Pulse again briefly to blend.
5. Add the bean mixture and oat bran to the mashed potatoes. Mix well with your hands and form into 6 patties. Dust with cornmeal and bake for 15 minutes, flip the burgers and bake for another 10-15 minutes.

Good Natured Notes:

Veggie burgers can often be dry. The thing I love about this recipe is that these burgers are moist and tasty. You can spice them up or down with the chili powder. Beans are excellent for the heart. The burgers are baked so there is no need for extra fat. They contain six different vegetables, plus flax seeds for Omega 3 fatty acids that are often missing from our diet.

Last but not least, fiber is the best thing for humans. All plants have fiber and only plants have fiber. Eat plants for your good health, and especially for the planet!

Pucker Up Pesto

Makes approximately 1 cup

Ingredients:

Zest and juice of 2 lemons

The rest of the lemon, seeds removed, and coarsely chopped

1 cup of toasted nuts or seeds, pine nuts, sunflower seeds, almonds, or walnuts

3-4 washed and coarsely chopped arugula

Start Cooking:

1. Toast the nuts at 250 degrees for 7 to 8 minutes, being careful not to let them burn.

Zest and juice the lemons and set aside.
2. Pulse the toasted nuts or seeds in a food processor briefly, then add the lemon zest, juice, and rind. Process to a medium grind.
3. Add the greens by handfuls and continue to process to your desired consistency. Add more lemon juice or water if needed.
4. Refrigerate in an airtight jar and it will last for several days or longer. Covering the pesto with a thin layer of olive oil also helps preserve it.

Good Natured Tips:

Refined oils can be controversial. They have a high caloric density, a short shelf life, and a low nutritional value. The safest thing is to eat the whole food, whether it's flax seeds, almonds, avocados, or olives, and limit the amount of oil used in recipes to one teaspoon.

Believe it or not, onions, garlic and almost anything can be sautéed in water or vegetable broth.

One other note about oils: The early tomb robbers in Egypt were much more excited about the oils than the gold. I'm not sure what they did with old oil, but for the humans of today we definitely don't want to consume old oils!