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PESTO BEET BURGERS
(adapted from Chloe Coscarelli) (4-6 patties)

¼ cup sherry or white wine, more as needed
1 onion, finely chopped
2 garlic cloves, minced
3 medium beets (about 5 oz each), peeled & grated
1 cup cooked brown rice
½ cup bread crumbs
1 teaspoon sea salt
1 teaspoon freshly ground black pepper

For the pesto:

½ cup raw cashews
2 garlic cloves
1½ tablespoons lemon juice
1 teaspoon sea salt
¼ cup vegetable broth
¼ cup water
2 ounces fresh basil
Freshly ground black pepper

To assemble:

8 whole-grain buns, toasted
Arugula
Pickled Red Onion

In a large skillet, warm the sherry add the onion and cook, stirring occasionally, for about 5 minutes, until soft and lightly browned. Add the garlic and beets, and cook for about 5 minutes more to soften the raw beets, stirring often. Transfer to a food processor; set the skillet aside (no need to wash it).

Add the brown rice, bread crumbs, salt, and pepper to the food processor. Pulse until the ingredients just come together, about 20 pulses. Adjust the seasoning to taste.

Preheat the oven to 350 degrees. Form the mixture into patties with the palms of your hands.

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Place the patties on a nonstick or very lightly oiled cookie sheet. Bake at 350 degrees for 10-12 minutes on a side, turning once, until they are nicely browned.

To make the pesto: In a blender, combine the cashews, garlic, lemon juice, salt, broth, and water and blend for about 2 minutes, until very smooth. Add the basil and blend again until well combined.

To assemble: On each bun, layer the pesto, a burger patty, arugula, pickled onions, and more pesto.



About Chloe Coscarelli, from chefchloe.com:

"First breaking onto the culinary scene as the first vegan chef to capture the top prize on Food Network's Cupcake Wars, Chef Chloe Coscarelli has since been recognized for bringing vegan cuisine to the mainstream as an award-winning chef and best-selling cookbook author. Chloe shares her bright, colorful vegan recipes using fresh, healthy ingredients." Chloe's recipes do use oil.