

Sweet Potato Burger

This is an easy to assemble burger with sweet potato, a good source of prebiotics, to help improve the balance of your gut bacteria and overall gut health.



Prep Time: 60 minutes

INGREDIENTS

Yield: 8 servings

- Medium sweet potato, baked
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1/2 cup quinoa, drain, rinse and cooked according to package directions
- 1 tbsp olive oil
- 1 tbsp tahini
- 1/4 tsp ground black pepper
- 1 tsp cumin
- 1/4 tsp baking powder
- Sea salt and pepper to taste

Cook time: 30 minutes

PREPARATION

- Bake your sweet potato at 350°F for 50 minutes or until soft. Allow to cool. Scoop out potato and discard skin.
- Preheat oven to 375°F. Line baking sheet with parchment paper, drizzle with olive oil.
- Mash chickpeas in a bowl using a potato masher. Add tahini, black pepper, cumin, baking powder, salt and pepper to taste. Stir in sweet potato and cooked quinoa.
- Form chickpea-sweet potato mixture into 8 burgers, approximately 1/2 cup mixture each.
- Place on baking sheet and rub olive oil on both sides. Bake for 10 minutes, then flip over and bake until crisp and golden, another 10-15 minutes.

Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital



Stony Brook
Southampton Hospital