

Green Plate Kids - Great Day Houston Show 9/16/11

Black Bean and Lentil Burger

Yield: 4 Burgers

- ½ (16 ounce) can black beans, drained and rinsed (8 oz.)
- 8 oz cooked black lentils or French green lentils
- 1/2 green bell pepper, cut into 2 inch pieces
- 1/2 onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce (we used Sambal)
- 1/2 cup bread crumbs

Directions

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans and lentils with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.
7. Add 1 oz. of cucumber dill dressing with arugula, roasted red peppers and serve on toasted whole wheat or whole grain bun.

Cucumber Dill Dressing

Yield: 1 cup dressing

- 1 cup Greek Nonfat yogurt
- 2 tsp chopped fresh Dill
- 2 tsp Honey
- 2 oz Fresh squeezed Lemon juice
- 2 oz. minced English cucumber
- ½ tsp kosher salt
- ½ tsp white ground pepper

Stir to combine.

Black Tea Infused with Blackberry Puree and Mint

- 1 Gallon Brewed tea
- ½ cup fresh mint
- 2 cups fresh blackberries
- ½ cup Agave nectar

Blend well in mixer and pour over ice, garnish with lemon and mint and enjoy!

Black Rice Salad

- 2 cups cooked black rice (rinse rice well before cooking)
- 2 oz. small diced red and green bell peppers
- 2 oz. small diced sweet yellow pepper
- 3 oz. small diced English cucumber
- ½ cup dried cranberries

Toss to combine with Red Wine Vinaigrette