



Thai Sweet Potato Veggie Burger (vegan)

Ingredients

- 1 medium onion, diced fine
- 1 clove garlic, minced
- 1 cup sweet potato, grated fine
- 1 cup cooked red quinoa
- 1 cup quick oats
- 1 tsp. salt
- ½ cup roasted salted peanuts, chopped fine
- 1 15-oz. can chick peas, drained
- 1 Tbsp. fresh cilantro
- 1 Tbsp. fresh lime juice
- 1 Tbsp. Bragg Liquid Aminos
- ½ cup coconut milk
- 1 tsp. green curry paste

Peanut sauce:

- 3 Tbsp. lime juice
- ⅓ cup creamy peanut butter
- 1 clove garlic
- 2 Tbsp. Bragg Liquid Aminos
- 1½ Tbsp. agave nectar
- ⅛ tsp. cayenne pepper



Directions

Preheat oven to 400. Spray a skillet with non-stick cooking spray. Add onion and sauté until clear. Add garlic and sweet potato and sauté until potatoes are tender. Remove from heat and place in a large bowl. Add quinoa, oats, salt, and peanuts, and combine.

In a blender, place the chick peas, cilantro, lime juice, Bragg Liquid Aminos, coconut milk, and green curry paste. Blend until smooth. Add to bowl with other ingredients and mix well.

Form into 3 inch patties and place on a baking sheet that has sprayed with non-stick cooking spray or lined with a silicone baking mat. Spray tops of patties with non-stick cooking spray. Bake in oven for 15 minutes, then flip and bake for an additional 15 minutes or until golden brown.

To prepare sauce, place all ingredients in a blender and blend until smooth.

Yield: 11 patties, ½ cup sauce