

## From Herbivore to Carnivore with Unique Chickpea, Mackerel, and Beef Burger Recipes

The August issue of Foods Matter Magazine showcased a "Burger Fest" of recipes, with a selection each for vegans, pescatarians, and meat-lovers. With barbecue season still in full swing, and labor day weekend get-togethers fast approaching, this seemed like the perfect time to provide some grilling inspiration. But keep in mind, the chickpea / sweet potato and mackerel burgers are quite soft, so it is best to make them a day in advance for overnight refrigeration should you wish to fire them on the barbecue.

All three of the picnic-friendly recipes are wheat-, gluten-, corn-, soy-, dairy-, egg-, nut-, and nightshade-free to accomodate food allergic or intolerant guests or party hosts! ...

### Smoked Mackerel and Amaranth Burgers

Serves 6

- 7oz amaranth (or quinoa) grains
- approximately 2 1/2 cups wheat and gluten-free vegetable stock
- 14oz smoked mackerel, pulled into small shreds
- 1/2 cup soy or oat cream
- juice 2 lemons
- freshly ground black pepper

Cook the amaranth or quinoa in the stock for around 15 minutes or until the grains are soft and the liquid absorbed. (Start with slightly less liquid as the quinoa may absorb less than the amaranth.)

When cooked mix in the mackerel and cream and season to taste with lemon juice and pepper. Cover and chill for several hours, preferably overnight to "firm up" the mixture. Form into burger shapes and barbecue or grill for around 4 minutes on each side. Take care they do not burn. MACKEREL & PER PORTION

370cals & 18g protein

24.4g total fat & 5g sat / 10.5g mono / 5g poly

21g carbohydrate of which 3.51g sugar

0.5g fibre & 570mg sodium / 1.4g salt

40mg calcium

GOOD SOURCE OF: Vitamin B2, B6, B12, iron, zinc & magnesium

### Chickpea & Sweet Potato Burgers

Serves 6

- 300g (about 2/3 lb) sweet potatoes, peeled and steamed still soft
- 5 large cloves garlic (optional)
- 1 x 400g (15oz) tin chickpeas, drained
- 50g (2oz) fresh spinach leaves
- sea salt and freshly ground black pepper
- 50g (2oz) sunflower seeds
- harrissa hot sauce to taste

Purée the steamed sweet potatoes with the garlic, chickpeas, spinach and some seasoning. Stir in the sunflower seeds and harissa sauce to taste. Cover and chill for several hours, preferably overnight to "firm up" the mixture.

Form into burger shapes and barbecue or grill for around 4 minutes on each side. Take care they do not burn. CHICKPEA & PER PORTION

155cals & 6g protein

6g total fat & 0.8g sat / 13g mono / 3.1g poly

21g carbohydrate of which 3.3g sugar

4g fibre & 149mg sodium / 0.38g salt

58mg calcium

GOOD SOURCE OF: Vitamin B1 & magnesium Beef Burgers with Mushroom Cream

Serves 6

- 6 beef burgers, well seasoned

- 1&ndash;2 tbsp olive oil
- 4&ndash;6 button mushrooms per head, depending on size, sliced
- 7/8 cup soy or oat cream
- sea salt and freshly ground black pepper
- juice 1&ndash;2 lemons
- small handful chopped fresh chives, oregano or Thai basil

Barbecue, grill or fry the burgers. Meanwhile, heat the oil in a heavy pan and lightly cook the mushrooms until just softening. Add the cream and seasoning and lemon juice to taste, then the chopped herbs. Cook very gently for a couple of minutes until the burgers are ready. Spoon over the burgers to serve. BEEF &ndash; PER PORTION

504cals &ndash; 26g protein

43g total fat &ndash; 17g sat / 18g mono / 1g poly

2.5g carbohydrate of which 1.5g sugar

0g fibre &ndash; 435mg sodium / 1.1g salt

11mg calcium

GOOD SOURCE OF: Vitamin B2, B6, B12, iron & zinc