

Sweet Potato and Black Bean Burgers with Mango Avocado Salsa (makes 8)

Ingredients for Burgers:

- 1 chopped medium onion
- 1.5 tbsp olive oil
- 3 minced garlic cloves
- 1 finely grated carrot
- 2 cups cooked black beans
- 1/2 cup chopped shiitake mushrooms, stems removed
- 2 tbsp tomato paste
- 1 tsp salt
- 1/4 fresh pepper
- 1/2 cup roasted and mashed sweet potatoes
- 1 cup cooked quinoa
- 1 tbsp caraway seeds
- 3 tbsp cilantro
- 1 tsp hot sauce
- 1 tbsp balsamic vinegar
- 1.5-2 cups bread crumbs
- 1 cup coarse cornmeal
- 1/2 safflower or canola oil for frying

In a large skillet, heat the olive oil and cook the onion over medium heat until soft and browned (about 7-10 minutes). Add the garlic, carrot, black beans and mushrooms to the pan and cook for 2-3 minutes, stirring occasionally until the garlic is softened and fragrant. Remove from heat.

With a potato masher, mash the mixture until the beans are half-crushed. Stir in the tomato paste, and season with salt and pepper to taste.

Place the bean mixture in a large bowl. Add sweet potato, quinoa, caraway seeds and cilantro and mix thoroughly. Season with hot sauce, vinegar and additional salt and pepper if needed. Gradually add enough bread crumbs to produce a mixture firm enough to hold together. Let cool.

Form the bean mixture into 8 burgers (about 3 inches) in diameter. Spread the cornmeal on a plate and dredge each burger so that all sides are lightly coated. In a large skillet, heat the oil over medium heat. When the oil begins to shimmer, add 3-4 burgers and fry, turning once with a wide spatula and a fork. Cook until crispy and brown outside and heated through (about 2 minutes per side). Drain on paper towels.

Ingredients for Salsa:

- 2 mangoes, diced
- 1 red pepper, finely diced
- 1/2 red onion, diced
- 1 fresh jalapeno or serrano pepper, minced
- Juice of 1 large lime
- 1/2 cup coarsely chopped cilantro
- 2 avocados, diced,
- Splash of peach vinegar
- salt

Mix mangoes, red pepper, onion and jalapeno. Mix thoroughly but lightly. Add lime juice and cilantro, mix again. Fold in avocados to avoid bruising. Add a splash of vinegar and season with salt and pepper. Let stand 10-20 minutes before serving.