

“Yo, Adrian” Burger

Swick

Makes 6 | Active Time: 35 minutes | Total Time: 1 hour

Step 1: Prepare Your Mise en Place

- 2 Tablespoons flaxseed meal
- ¼ cup warm water
- 1 medium sweet potato, grated (generous 1 cup)
- 1 cup old-fashioned oats
- 1 cup oat flour
- 1 small red onion, minced (about ½ cup)
- 2 to 3 cloves garlic, finely minced
- 2 Tablespoons hot sauce
- 2 Tablespoons cider vinegar
- 2 teaspoons low-sodium tamari
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 2 cups finely chopped fresh kale
- 2/3 cup raw sunflower seeds
- 6 to 8 100% whole-grain buns, toasted
- Your Favorite Fixings: sliced tomatoes, sliced onions, lettuce, ketchup, mustard, pickles, grilled pineapple, sauerkraut

Preheat the oven to 400°F (205°C).

Line a baking sheet with parchment paper.

In a small bowl, stir together the flaxseed meal and warm water and set aside.

While the flaxseed is soaking, prepare the rest of your mise en place.

Step 2: Mix Ingredients and Form the Burgers

Next place all ingredients in a large mixing bowl, including flaxseed mixture, and mix well for a few minutes.

Turn the mixture onto a piece of parchment paper and place another piece of parchment paper on top. With a rolling pin, roll out to a ¾-inch thickness. With a 3-inch biscuit cutter (or 3-inch-wide mug), cut out 6 to 8 patties.

Step 3: Bake the Burgers

Place the formed burgers onto the lined baking sheet and bake for 15 to 20 minutes. Remove from the oven and flip the burgers.

Using a spatula, flatten them until they are ½ inch thick. Return the flipped burgers to the oven and bake for an additional 15 minutes, until golden brown. They'll be golden brown and deliciously crispy.

Serve on toasted, whole-grain buns with your favorite plant-strong fixings and a side salad—or skip the bread and enjoy them alone with toppings and a side salad.