

# MONDAY BURGERS COOKBOOK



*One day a week,  
get the beef off your buns!*



IT'S FREE!

**MEATLESS  
MONDAY**

[MeatlessMonday.com](http://MeatlessMonday.com)



# MONDAY BURGERS COOKBOOK

**One day a week, get the beef off your buns!**



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## Why Meatless?

### For your health:

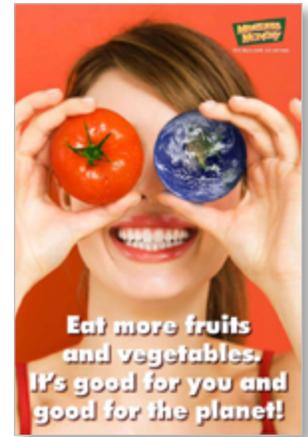
- Limit cancer risk
- Reduce heart disease
- Fight diabetes
- Curb obesity
- Live longer
- Improve your diet

### For the environment

- Reduce your carbon footprint
- Minimize water usage
- Help reduce fossil fuel dependence

## Why Monday?

It's the January of the week, the perfect time for a fresh start. Research shows people are more likely to eat healthy, quit smoking and start exercise regimens on Monday than any other day. And a Monday start helps people uphold their healthy intentions for the week.



## How to go Meatless Monday

- Take the Meatless Monday Pledge
- Tell your friends, family and workmates about Meatless Mondays
- Encourage your town, school, club or cafeteria to go meatless on Mondays

Our website, [MeatlessMonday.com](http://MeatlessMonday.com) has hundreds of recipes that you can use to go meatless at home - and the tips and tools you need to take action in your community! For help, contact us at: [info@meatlessmonday.com](mailto:info@meatlessmonday.com)

**The Monday Campaigns** is a nonprofit organization in association with the Johns Hopkins Bloomberg School of Public Health, Columbia University Mailman School of Public Health, and the Maxwell School of Syracuse University. Together we bring awareness to the benefits of starting the week with healthy behaviors to help end chronic, preventable diseases.



# SWEET POTATO BLACK BEAN BURGERS

Here's a burger recipe the whole family can help cook. Black beans and mashed sweet potato are seasoned with garlic, cilantro and lime juice then formed into patties in these hearty bean burgers. This recipe was featured on the website of Meatless Monday's sister campaign: The Kids Cook Monday. For more resources to help your family begin every week cooking together, visit our website at [TheKidsCookMonday.org](http://TheKidsCookMonday.org)

# SWEET POTATO BLACK BEAN BURGERS

This recipe comes to us from Kathy of [Healthy, Happy Life](#). Serves 5

## INGREDIENTS:

### For the burgers:

1 1/2 cups black beans, drained  
6 tablespoons fine bread crumbs  
3/4 cup sweet potato, baked and mashed  
3 tablespoons cilantro, chopped  
1/3 cup white onion, diced  
1 teaspoon garlic powder  
3/4 teaspoon salt  
1 teaspoon black pepper  
2 tablespoons olive oil

1 tablespoon cider vinegar  
2 tablespoons lime juice  
1/2 jalapeno\*, diced and deseeded

**To complete the Sweet Potato Black Bean Burgers:** 5 whole-wheat burger buns  
1/4 lime  
1 avocado, sliced  
1 onion, sliced  
1 tomato, sliced  
your favorite coleslaw, to taste

\*Optional.



## RECIPE:

### To make the burgers:

**Adult:** Preheat the oven to 375 degrees. Prepare a baking sheet with a light layer of vegetable shortening or nonstick cooking spray.

**Together:** Place the black beans, bread crumbs, mashed sweet potato, cilantro and onion together in a food processor or large bowl. Season the bean mixture with garlic powder, salt, pepper, olive oil, vinegar, lime juice and jalapeno, if using.

**Together:** If using a food processor, pulse the bean mixture together until all ingredients are well combined and evenly distributed. If using a bowl, mash the bean mixture together with a potato masher until well combined.

**Kid:** Shape the black bean mixture into 5 patties of equal sizes with your hands. Roll the unbaked black bean burger patties in additional bread-crumbs if you like your burgers crispy.

**Adult:** Place the burger patties into the oven and bake for 25 minutes. Add the whole wheat buns to the oven and bake 5 minutes more, or until the burgers have cooked through.

### To complete the Sweet Potato Black Bean Burgers

**Kid:** Squeeze the wedges of lime over the avocado slices.

**Together:** Line up all 5 toasted burger buns. Top each whole wheat bun bottom with a slice of tomato, onion, bean burger and coleslaw. Close each burger with the top bun and enjoy!

## Nutrition Information

### Sweet Potato Black Bean Burgers

Servings per Recipe: 5

Amount per Serving

Calories: 279.9

Calories from Fat: 127

Total Fat: 14.2g

Saturated Fat: 2.1g

Cholesterol: 0mg

Sodium: 428.4mg

Potassium: 634.4mg

Total Carbohydrates: 32.8g

Dietary Fiber: 9.8g

Protein: 7.9g

Sugars: 4.3g

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## CHICKPEA BURGERS WITH MINT RAITA

Chickpeas are seasoned with cumin, paprika and mint before they are tossed with toasted walnuts. Greek yogurt, lemon juice and mint come together for a refreshing mint raita to top these delicious chickpea burgers.

# CHICKPEA BURGERS WITH MINT RAITA

This recipe comes to us from Cara and Phoebe of [Big Girls, Small Kitchen](#). Serves 4

## INGREDIENTS:

### For the chickpea burgers:

1/2 cup walnuts  
2 garlic cloves  
1 shallot  
1 15-ounce can of chickpeas, drained and rinsed  
1/4 cup mint, minced  
1 tablespoon parsley  
1/2 teaspoon salt  
1/2 teaspoon cumin  
1/4 teaspoon paprika  
1/2 cup freshly made breadcrumbs

1 large egg, whisked  
a little oil, for preparing the pan or grill

### For the mint raita:

1 cup lowfat plain Greek yogurt  
1/3 cup mint leaves, minced  
2 tablespoons lemon juice  
1/2 clove garlic, minced  
1/2 teaspoon salt

### To complete the Chickpea Burgers with Mint Raita:

4 whole-wheat burger buns  
1 tomato, sliced

## RECIPE:

### To make the chickpea burgers:

Place the walnuts in a small sauté pan over low heat. Toast, stirring frequently, for 3-5 minutes, or until the nuts are brown and fragrant. Chop the walnuts well and season with salt, to taste.

Place the shallot and garlic cloves into a food processor. Pulse until minced. Add the chickpeas, mint and parsley to the food processor. Season with the salt, cumin and paprika. Pulse to combine and distribute the ingredients evenly.

Transfer the chickpea mixture to a large mixing bowl. Fold in the toasted walnuts, breadcrumbs and egg. Form the chickpea walnut mixture into 4 patties, cover and refrigerate for several hours or overnight.

Place the oil in a skillet over medium heat or prepare the grill with a light layer of oil. Cook on both sides, for 3-5 minutes per side, or until both sides are well browned.

### To make the mint raita:

Whisk the Greek yogurt, mint, lemon juice, garlic and salt together in a medium bowl.

### To complete the Chickpea Burgers with Mint Raita:

Preheat oven to 350 degrees or keep the grill on medium heat.

If using the oven, place the browned chickpea burgers on a baking sheet and let them cook. Toast the whole wheat buns in the oven for about 5 minutes, or until the buns are toasted.

If using a grill, toast the buns for about 5 minutes on the grill. Place the browned chickpea burgers back in the grill for 5 minutes, while the buns are toasting.

Place each chickpea burger onto a toasted bun bottom. Top each with a slice of tomato, a spoonful of mint raita and the toasted bun top. Enjoy!

## Nutrition Information

### Chickpea Burgers with Mint Raita

Servings per Recipe: 4

Amount per Serving

Calories: 426

Calories from Fat: 139

Total Fat: 15.4g

Saturated Fat: 2.2g

Cholesterol: 46.5mg

Sodium: 1219mg

Potassium: 516.4mg

Total Carbohydrates: 59.2g

Dietary Fiber: 9g

Protein: 15.8g

Sugars: 5g

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# MINI MUSHROOM BURGERS

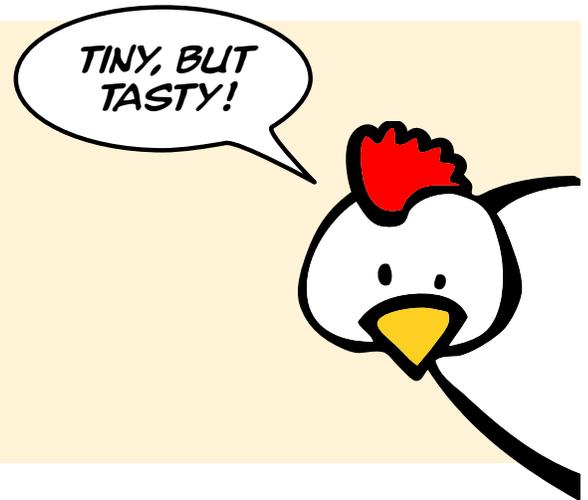
When grilling season hits, one of life's simple pleasures is to throw a Portobello mushroom on the grill and let it absorb those delicious smoky flavors. These mushroom sliders are so cute they use a dinner roll for a bun! When served without a bun, these mini burgers are ideal for those who suffer from food allergies; this recipe contains no soy, no wheat and no animal products.

# MINI MUSHROOM BURGERS

This recipe comes to us from our friends at [The Mushroom Council](#). Serves 4

## INGREDIENTS:

2 Portobello mushrooms, stems removed  
1/4 cup light balsamic vinaigrette  
salt and freshly ground black pepper  
8 small high-fiber whole grain dinner rolls  
8 slices red onion  
8 slices tomato



## RECIPE:

Place the portobellos and vinaigrette in a large zip top bag. Zip and lightly rub the vinaigrette into the mushrooms. Let marinate for at least 30 minutes. Prepare the grill or a grill pan with a light layer of nonstick cooking spray. Line a plate with a layer of paper towels.

Remove the mushrooms from the bag, drain and season with salt and pepper on both sides. Heat the grill to medium and place the mushrooms grill side down. Cook for 4 minutes, flip and repeat on the other side for about 4 minutes more, or until both mushrooms are almost cooked through.

Transfer the mushrooms, gill side down, to the paper lined plate. Cut each mushroom into quarters and place each quarter on the bottom half of the dinner rolls. Top each with tomato, onion and the remaining dinner roll half, and enjoy.

## Nutrition Information

### Mini Mushroom Burgers

Servings per Recipe: 4

Amount per Serving

Calories: 165

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Calories from Fat: 40

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Total Fat: 4g

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Saturated Fat: 1g

---

Cholesterol: 0mg

---

Sodium: 335mg

---

Potassium: 0mg

---

Total Carbohydrates: 29g

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Dietary Fiber: 5g

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Protein: 5g

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Sugars: 8g

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# GRILLED EGGPLANT BURGERS

Eggplant's complex, savory flavor is infused with smoke in these mouthwatering grilled vegetable sandwiches. Garlic chili mayo gives the aubergine base a kick, topped with fresh tomatoes, grilled onions and fresh basil.

# GRILLED EGGPLANT BURGERS



This recipe comes to us from Patricia of [Grab A Plate](#). Serves 4

## INGREDIENTS:

1 small eggplant, sliced into 4 rounds, 1/2 inch thick  
2 teaspoons salt, divided  
1 teaspoon ground black pepper  
1 large white onion, sliced into 4, 1/4 inch thick rounds  
2 tablespoons olive oil, divided  
4 slices crusty bread  
4 tablespoons lowfat mayonnaise

1 1/2 teaspoons garlic chili paste\*  
1 large tomato, sliced into 4 rounds, 1/4 inch thick  
1 1/2 teaspoons fresh basil, cut into long, thin strips

*\*Garlic chili paste can be found in the condiment or Asian food section of most grocery stores. Your favorite hot sauce mixed with a mashed garlic clove can be substituted as a makeshift garlic chili paste.*

## RECIPE:

Heat grill to medium.

Lay the eggplant slices on paper towels and sprinkle with 1 of the teaspoons of salt. Let sit for 30 minutes, rinse and pat dry. Drizzle with 1 tablespoon of olive oil and season with the remaining teaspoon of the salt and pepper. Transfer the eggplant slices to the grill and cook, turning frequently, for about 15 minutes, or until soft.

While the eggplant begins grilling, pierce the large onion slices lengthwise with metal skewers. Drizzle another tablespoon olive oil over the onions. Add the onions to the grill about 7 minutes after you put the eggplant on. Cook the onions for 4 minutes, flip and cook 4 minutes more, or until they achieve grill marks.

When the eggplant and onion have finished cooking, remove them from the grill flame. Transfer the crusty slices of bread to the grill and cook for about 2 minutes per side, or until the bread has toasted.

Mix the mayonnaise and garlic chili paste together in a small bowl. Spread about 1 tablespoon per burger on each slice of bread and top with a piece of grilled eggplant. Top the eggplant with tomato, followed by grilled onion. Sprinkle with sliced basil and enjoy.

## Nutrition Information

### Grilled Eggplant Burgers

Servings per Recipe: 4

Amount per Serving

Calories: 229

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Calories from Fat: 114

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Total Fat: 13g

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Saturated Fat: 2g

---

Cholesterol: 4mg

---

Sodium: 1400mg

---

Potassium: 0mg

---

Total Carbohydrates: 27g

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Dietary Fiber: 5g

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Protein: 4g

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Sugars: 7g

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# CHICKPEA QUINOA BURGERS

Yams are cooked until tender and mixed with chickpeas and crunchy pumpkin seeds for a veggie patty which highlights the sweetly spiced flavors of autumn. If served without a bun, this burger is ideal for those who suffer from common food allergies; this recipe contains no soy, no wheat and no animal products.

# CHICKPEA QUINOA BURGERS

This recipe comes to us from Jen Brody of [Domestic Divas](#). Serves 8

## INGREDIENTS:

1 yam	2 tablespoons sunflower seeds
2 tablespoons grapeseed oil, divided	1 tablespoon pumpkin seeds
1 cup quinoa, prepared according to package instructions	juice of 1 lemon
1 14-ounce can chickpeas, drained and rinsed	1 tablespoon ground cumin
1 small onion, peeled and chopped	2 tablespoons sesame tahini
1 red bell pepper, seeded and chopped	1 tablespoon hot sauce*
2 carrots, peeled and chopped	salt and pepper, to taste
1 cup fresh spinach, tightly packed	<i>*Optional</i>

## RECIPE:

Preheat oven to 375 degrees.

Poke several holes in the yam using a fork. Place the yam in a paper towel and microwave on high for 5 minutes. Flip the yam and microwave 5 minutes more, or until tender. Slip off the yam's skin.

Place 1 of the tablespoons of grapeseed oil in a sauté pan over medium heat. Add the onion and cook for 2-3 minutes, or until it begins to soften. Add the carrot and bell pepper to the pan and cook 3-5 minutes more, or until the veggies are just tender.

Transfer the sautéed veggies to a food processor and pulse to chop. Add the spinach and pulse a few more times until combined. Transfer the veggies to a large mixing bowl.

Add the chickpeas and tahini to the food processor and pulse until broken down and combined. Transfer to the mixing bowl with the veggies.

Add the cooked quinoa, yam, sunflower seeds and pumpkin seeds to the mixing bowl. Season the veggie quinoa mixture with the lemon juice, cumin and hot sauce, if using. Stir until well combined, taking care to ensure all ingredients are evenly distributed. Season with salt and pepper to taste. Shape the veggie quinoa mixture into 8 patties using your hands.

Heat the remaining tablespoon grapeseed oil in an oven-safe skillet over medium-high heat. Add the burger patties and cook for about 2 minutes per side, or until browned on both sides. Transfer the patties to a baking sheet and bake about 10-12 minutes more, or until cooked through. Enjoy!

## Nutrition Information

### Chickpea Quinoa Burgers

Servings per Recipe: 8

Amount per Serving

Calories: 271

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Calories from Fat: 81

---

Total Fat: 9g

---

Saturated Fat: 1g

---

Cholesterol: 0mg

---

Sodium: 224.6mg

---

Potassium: 0mg

---

Total Carbohydrates: 40.5g

---

Dietary Fiber: 6.9g

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Protein: 8.6g

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Sugars: 2.4g

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# LENTIL BURGERS WITH ALL THE FIXINGS

Brown lentils are spiced with red chili and thyme, topped with alfalfa sprouts and served on a poppy seed bun. These burgers are great on the grill and so hearty that even the most devout carnivores will be singing the praises of the mighty lentil!

# LENTIL BURGERS WITH ALL THE FIXINGS

This recipe comes to us from Trudy of [veggie num.num](#). Serves 8

## INGREDIENTS:

### To make the lentil burger patties:

1½ cups brown lentils, rinsed and picked through  
6 cups low sodium vegetable stock  
4 garlic cloves, smashed  
1 red chili, diced  
¼ red onion, diced  
5 sprigs fresh thyme, roughly chopped  
2 slices wholegrain bread, roughly diced  
or  
1 ½ cups freshly made breadcrumbs  
salt and pepper, to taste

2 eggs, lightly whisked

1-2 tablespoons whole-grain flour

### To complete the lentil burgers:

a little vegetable oil or cooking spray, to prepare the grill pan  
8 slices of your favorite burger cheese\*  
8 tablespoons relish  
8 sweet sandwich pickles  
4 ounces baby lettuce  
4 ounces alfalfa sprouts  
1 avocado\*, cut into slices  
8 whole-wheat poppy seed buns, toasted  
\* *Optional.*

## RECIPE:

### To make the lentil burger patties:

Place the lentils in a large saucepan with the stock and smashed garlic. Bring to a boil over medium-high heat. Simmer uncovered for 20-25 minutes, or until the lentils are tender. Drain off any excess liquid and set aside to cool.

Combine the chili, red onion, thyme and breadcrumbs in a large bowl. Add the cooked lentils and stir to mix. Season with salt and pepper to taste.

Add the whisked eggs to the burger mixture. Stir until thoroughly combined, adding enough flour to bring the mixture together. Form the mixture into large patties with your hands.

### To complete the lentil burgers:

Prepare a large frying pan or barbeque grill pan with a light coating of vegetable oil or cooking spray. Try using a sheet of lightly oiled tin foil on the grill if you don't have a grill pan.

Cook the lentil burger patties on the prepared pan for 4-5 minutes, flip and cook for another 4-5 minutes on the other side, or until both sides are golden and cooked through.

If using cheese, top the cooked burger patty with 1 slice of cheese and place under a medium grill or broiler for 2-3 minutes, or until the cheese has melted.

Build your burger by spreading the bun with relish topping with a patty, then pickles, lettuce, alfalfa sprouts and avocado, if using. Close the burger with the top bun and repeat the process with the remaining burgers and enjoy.

## Nutrition Information

### Lentil Burgers

Servings per Recipe: 8

Amount per Serving

Calories: 338

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Calories from Fat: 42

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Total Fat: 4.7g

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Saturated Fat: 1.1g

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Cholesterol: 52.8mg

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Sodium: 615.1mg

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Potassium: 509.5mg

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Total Carbohydrates: 59.8g

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Dietary Fiber: 14.1g

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Protein: 16.8g

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Sugars: 0g

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# MEXICAN LENTIL BURGERS

Lentils, mushrooms and breadcrumbs are seasoned spicy, topped with avocado and served in between two halves of a toasted English muffin. There's no soy in these burgers and it's easy to make them vegan by substituting dairy-free mayonnaise.

# MEXICAN LENTIL BURGERS

This recipe comes to us from Lindsay Ingalls of [Running with Tongs](#). Serves 6

## INGREDIENTS:

1 tablespoon canola oil	1 1/2 teaspoons ground cumin
1 red onion, diced	2 teaspoons chili powder
1 small red bell pepper, diced	1/2 teaspoon salt
5 button mushrooms, halved and sliced	1/4 teaspoon black pepper
1 carrot, peeled and diced	6 tablespoons light or dairy free mayonnaise
2 garlic cloves, minced	hot sauce, to taste
2 tablespoons tomato paste	6 whole-wheat English muffins, toasted
1 15-ounce can brown lentils, drained and rinsed	1 avocado, sliced
1/2 cup whole-wheat bread crumbs	1 tomato, sliced

## RECIPE:

Preheat oven to 450 degrees. Prepare a baking sheet with a layer of parchment paper.

Place the oil in a skillet over medium-high heat. Add the onion, bell pepper, mushrooms and carrot and cook 5-7 minutes, or until soft. Add the garlic, stir and cook 1 minute more, or until the garlic becomes fragrant.

Transfer the sautéed veggies to a food processor and add the tomato paste, lentils, breadcrumbs, cumin, chili powder, salt and pepper. Pulse until the ingredients are just combined.

Form the lentil veggie mixture into 6 patties of equal size and place on the prepared baking sheet. Transfer to the oven and bake for 15 minutes, or until cooked through.

Whisk the mayonnaise together with a few drops of hot sauce until the spread is spiced to preference. Spread the spicy mayo on the toasted English muffins. Add a burger patty to the bottom half of each English muffin, top with tomato and avocado slices, close the burger and enjoy!

## Nutrition Information

Mexican Lentil Burgers

Servings per Recipe: 6

Amount per Serving

Calories: 586.7

Calories from Fat: 138

Total Fat: 15.3g

Saturated Fat: 2.1g

Cholesterol: 5.2mg

Sodium: 717.3mg

Potassium: 0mg

Total Carbohydrates: 87.7g

Dietary Fiber: 31.4g

Protein: 28.6g

Sugars: 11.9g

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# QUINOA ZUCCHINI BURGERS

Quinoa is spiced with shallots and red pepper, then cooked with Portobello mushrooms and shredded zucchini. If zucchini is out of season, try incorporating shredded carrots or bell peppers for a different take on these innovative burgers.

# QUINOA ZUCCHINI BURGERS

This recipe comes to us from Cathy of [A Life Less Sweet](#). Serves 15

## INGREDIENTS:

2 4-ounce portobello mushrooms, stemmed  
1 small zucchini  
2 tablespoons olive oil, divided  
1/4 cup shallot, minced  
1/4 teaspoon red pepper flakes  
1/3 cup Parmesan cheese  
3/4 cup quinoa, rinsed and cooked according to package directions

3/4 teaspoon salt  
1 large egg, beaten  
1 cup fresh whole-wheat breadcrumbs  
1/2 cup oats, pulsed in a food processor or  
an additional 1/2 cup whole-wheat breadcrumbs  
15 hamburger buns or rolls, toasted

## RECIPE:

Pulse the Portobello mushrooms in a food processor until finely chopped. Grate the zucchini and squeeze out excess moisture with a paper towel. Place the chopped mushrooms and shredded zucchini into a bowl and set aside.

Place 1 tablespoon olive oil in a large pan over medium heat. Add the shallot and red pepper flakes to the pan and cook for about 2 minutes, or until the shallot begins to soften.

Add the mushrooms and zucchini to the pan and cook for about 5 minutes, or until tender. Remove from heat and stir in Parmesan cheese, cooked quinoa and salt. Let cool completely.

Stir the egg, breadcrumbs and oats, if using, into the quinoa zucchini mixture. Cover and refrigerate for about 1 hour, or until cold and firm.

When quinoa zucchini mixture has chilled, divide into about 15 parts and shape each into burger patties between 1/4" and 1/2" thick.

Place the remaining tablespoon olive oil in a large skillet over medium heat. When mixture is hot, place the quinoa patties into the skillet in an even layer. You may have to cook them in batches or use 2 skillets.

Cook the quinoa patties for about 3 minutes on each side, or until they are crispy on the outside and cooked through.

Serve each quinoa zucchini burgers on a toasted bun with a side of blanched green beans and enjoy!

## Nutrition Information

### Quinoa Zucchini Burgers

Servings per Recipe: 15

Amount per Serving

Calories: 202.9

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Calories from Fat: 56

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Total Fat: 6.2g

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Saturated Fat: 1.4g

---

Cholesterol: 16mg

---

Sodium: 356.1mg

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Potassium: 253.1mg

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Total Carbohydrates: 30g

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Dietary Fiber: 2.9g

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Protein: 8g

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Sugars: 0g

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## SPROUT BEET BURGERS

Beets and mung bean sprouts are seasoned with chili powder, curry powder, cilantro and lime, then coated in crunchy breadcrumbs and cooked on the stove. Try these veggie burgers on a whole-wheat bun with creamy avocado and crunchy sunflower seeds.

# SPROUT BEET BURGERS

This recipe comes to us from our friends at [Foodista](#). Serves 6

## INGREDIENTS:

### For the sprout beet patties:

4 medium beets, quartered  
4 cups mung bean sprouts  
2 cups onions, sautéed  
1 tablespoon chili powder  
2 teaspoons curry powder  
juice of 2 limes  
handful of cilantro, chopped  
a little flour, if needed

### To Complete the Sprout Beet Burgers:

1 cup breadcrumbs  
1 tablespoon olive oil  
4 whole wheat burger buns  
1 heirloom tomato, sliced  
1 avocado, sliced  
½ cup sunflower seeds

## RECIPE:

### To make the sprout beet patties:

Place the beets, bean sprouts and sautéed onions in a food processor or blender. Season the beet sprout mixture with the chili powder, curry powder, lime juice and cilantro and puree.

Shape the beet sprout purée into 6 patties. If the purée is too runny to make cohesive patties, mix in a little flour until the purée reaches workable consistency.

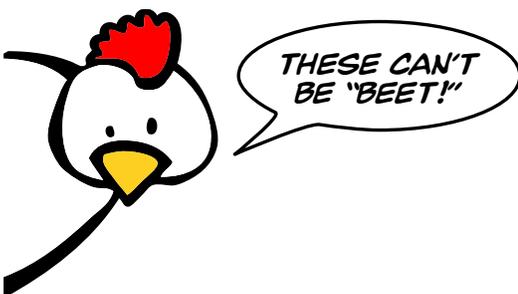
Let the patties solidify in the refrigerator for 4-8 hours.

### To complete the Sprout Beet Burgers:

Place the breadcrumbs in a pie plate and coat the sprout beet patties in breadcrumbs.

Pour the olive oil in a frying pan over medium-high heat. Transfer the coated sprout beet patties to the frying pan and cook for 4-6 minutes per side, or until cooked through. You may have to cook them in batches.

Toast the whole-wheat buns. Place each cooked beet sprout burger on a toasted bun. Top with tomato, avocado and sunflower seeds and enjoy!



## Nutrition Information

### Sprout Beet Burgers

Servings per Recipe: 6

Amount per Serving

Calories: 405.8

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Calories from Fat: 149

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Total Fat: 16.5g

---

Saturated Fat: 2.3g

---

Cholesterol: 0mg

---

Sodium: 396.8mg

---

Potassium: 0mg

---

Total Carbohydrates: 56g

---

Dietary Fiber: 9.3g

---

Protein: 13.4g

---

Sugars: 13.1g

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# ARBORIO RICE EGGPLANT BURGERS

Eggplant is roasted until soft and combined with creamy risotto rice, pungent pesto and crispy panko breadcrumbs for a delectable gourd patty. If you make your own pesto sauce, try using purple basil to make this dish as vibrantly beautiful as it is tasty.

# ARBORIO RICE EGGPLANT BURGERS

This recipe comes to us from [Meatless Monday participant](#) Pamela Rinaldi. Serves 6

## INGREDIENTS:

A little shortening or nonstick cooking spray, for preparing the baking sheet  
1 eggplant  
2 cups Arborio rice, cooked according to package instructions  
1/2 cup your favorite pesto sauce, divided  
1 1/2 cups panko breadcrumbs,\* divided  
1/2 cup grated pecorino romano cheese, divided

1 egg  
1 tablespoon olive oil  
salt and pepper, to taste  
6 ciabatta rolls

*\*Panko breadcrumbs are crispy breadcrumbs from Japan. They can be found in the ethnic food or breading section of most grocery stores. Traditional breadcrumbs can be substituted if panko breadcrumbs are not available.*

## RECIPE:

Preheat oven to 400 degrees. Prepare a baking sheet with a light layer of shortening or nonstick cooking spray.

Cut the eggplant lengthwise and place it onto the prepared baking sheet, cut side down. Transfer to the oven and roast for about 45 minutes, or until tender. Set aside the eggplant to let cool for a few minutes and turn oven down to 375.

Transfer the cooked Arborio rice to a large mixing bowl. Scoop the eggplant's flesh into the bowl and discard the skin. Add 1/4 cup pesto sauce, 1/2 of the panko breadcrumbs, 1/4 cup of the cheese, the egg and olive oil. Season with salt and pepper to taste. Mix well, taking care to ensure the ingredients are evenly distributed. Divide the rice eggplant mixture into 6 parts and form 6 patties with your hands.

Place the remaining cheese and breadcrumbs in separate pie plates. Bread each burger patty in the cheese first and then the breadcrumbs. Place the breaded patties on the prepared baking sheet and transfer to oven. Bake for 4 minutes, flip and cook 5 minutes more, or until cooked through.

Toast the ciabatta rolls and spread with the remaining pesto sauce. Place each eggplant rice burger in a roll and enjoy!

## Nutrition Information

### Arborio Rice Eggplant Burgers

Servings per Recipe: 6

Amount per Serving

Calories: 702

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Calories from Fat: 176

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Total Fat: 20g

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Saturated Fat: 5g

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Cholesterol: 48mg

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Sodium: 786mg

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Potassium: 0mg

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Total Carbohydrates: 108g

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Dietary Fiber: 7g

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Protein: 22g

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Sugars: 5g

The FDA recommends 2000 calories a day as a reasonable average guideline for most adults. [Click here](#) to learn how you can use the Monday 2000 to reset the calorie budget you have to spend each day. For specific calorie recommendations based on your age, metabolism and medical history, consult your doctor or nutritionist.

# The Monday Campaigns



Meatless Monday encourages people around the world to cut out meat once a week for their health and the health of the planet. Individuals, schools, restaurants and worksites worldwide have found that Meatless Monday is an easy way to cut saturated fat and make more nutritious choices.



The Healthy Monday umbrella covers a range of wellness activities including nutrition, physical activity, stress reduction, sexual health and smoking cessation. By synchronizing health messages on Monday, organizations can create a culture of wellness that motivates people to start the week right.



The Kids Cook Monday is a weekly opportunity for families to prepare and share a home-cooked meal. Studies have shown that family time at the dinner table can improve grades, eating habits and communication skills, decreasing the likelihood of children trying drugs or alcohol.



Most first-time quitters relapse, taking 8-11 times to quit for good. Rather than focusing on big days like New Year's or birthdays, smokers can use each Monday to quit, celebrate progress or quit again if they relapse.



The CDC recommends that we get 2½ hours of physical activity each week, but sometimes sticking to an exercise routine is a challenge. Move it Monday encourages people to jumpstart their week to stay fit with doable goals.



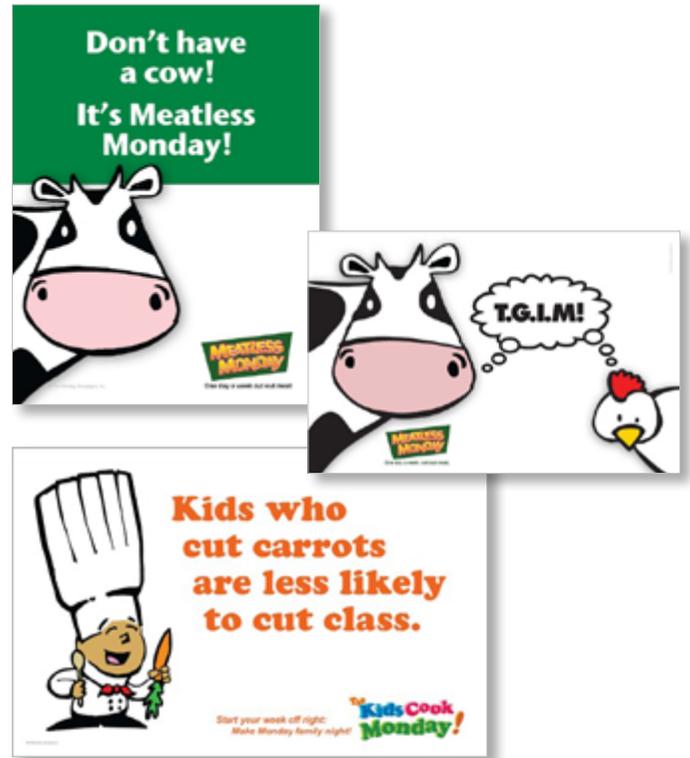
Man Up Monday is a new health initiative to encourage men to take responsibility for their health. Men, particularly young men, tend to ignore health problems until they become acute. The campaign urges men to visit their local clinic for HIV and STD tests, restock their condoms and get regular preventive screenings.

**The Monday Campaigns** is a nonprofit organization in association with the Johns Hopkins Bloomberg School of Public Health, Columbia University Mailman School of Public Health, and the Maxwell School of Syracuse University. Together we bring awareness to the benefits of starting the week with healthy behaviors to help end chronic, preventable diseases.



**The day all health breaks loose.**

MondayCampaigns.org



**Free ads, videos, graphics and inspiration.**  
**Customize for your organization!**

Find it all at:  
[MondayCampaigns.org](http://MondayCampaigns.org)





YUM!

Find plenty more at [MeatlessMonday.com](http://MeatlessMonday.com)

**MEATLESS MONDAY**

A cartoon illustration featuring a white chicken with a red comb on the left and a black and white cow with a pink nose on the right. A speech bubble from the chicken says "YUM!". Below the chicken is the text "Find plenty more at MeatlessMonday.com". In the bottom right corner is the "MEATLESS MONDAY" logo in a green box.