

ONE BITE

onebitevegan.com

Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH

with a Plant Based Diet

Healthy lunch box

AND SNACK
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING * RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!

VEGAN HALLOWEEN
RECIPES



HALLOWEEN JACK-O-LENTIL BURGERS

By Margaret Chapman

These burgers are full of flavor and naturally gluten-free. You can also grill, bake or fry them as desired. I personally prefer pan frying, it's quick and yields a crispy outside.

You can also pair them with your favorite bbq sauce and toppings of choice. Keeping it Halloween-themed, I opted to top with shredded lettuce and sriracha ketchup. These would be really interesting with shredded purple cabbage and a spooky black mayo using activated charcoal, if you wanted to go all out with it.

To make the jack-o-lantern faces on the top of each bun, I used a sharp knife to create an outline and removed the top layer. Then filled each shape with a little bit of a flax egg. Sprinkled with black sesame seeds and pressed down as needed. You can then broil until golden brown and warm throughout. This is obviously an optional step, but it makes for a fun feature if you are having these at a Halloween party or scary movie marathon.

INGREDIENTS

- 4 cups Sweet Potato, boiled or baked
- 1 cup dry Red Lentils, boiled
- 1 cup Yellow Onion, diced & sautéed
- 1 cup Simple Truth Rolled Oats, pulsed
- 3 tbsp Simple Truth Pumpkin Seeds, pulsed
- 2 tbsp Flax Meal
- 1 tbsp Vegan Worcestershire
- 1 tbsp Liquid Smoke
- 2 tsp Cumin
- 1 tsp Paprika
- 1 tsp Garlic Powder
- Salt & Pepper, to taste
- 4 GF Burger Buns
- Black Sesame Seeds
- Flax Egg, for seeds to adhere to bun
- Sriracha Ketchup, to top
- Simple Truth Shredded Lettuce, to top



Margaret Chapman —

Margaret is the creator of theplantphilosophy.com. She aims to showcase her passion for cooking, connect with other like-minded individuals and inspire others to make healthier food choices.

Visit her website: theplantphilosophy.com

Facebook Twitter Pinterest Instagram YouTube

PREP TIME:

10 Minutes

COOK TIME:

20 Minutes

TOTAL TIME:

30 Minutes

YIELD:

8 burgers

INSTRUCTIONS

1. For the rice pudding, place all the ingredients in a saucepan and stir. Boil on the stovetop for 25 minutes over a medium heat. Test to see if the rice is soft enough, otherwise cook a bit longer.
2. Wash and evenly cut your sweet potatoes. Cover with water and bring to a boil or bake in the oven at 425 F. until tender, about 15-20 minutes depending on size.
3. While the potatoes are cooking, sauté diced onions over medium low heat for 8-10 minutes. Adding minced garlic (if using in place of powder) at the very end.
4. In a large bowl combine cooked lentils, sweet potatoes, onions, seasonings and mash together. Alternatively you can use a food processor and pulse until combined.
5. Blend up rolled oats and pumpkin seeds until coarse in texture but not smooth. Add to large bowl with remaining ingredients and mix together. Taste to adjust seasonings as needed.
6. Portion into ½ cup per burger, ¼ cup per slider burger.
7. Bring a large skillet to medium heat and cook for 4 minutes on each side. Or until golden brown and hot throughout.
8. Create jack-o-lantern faces using a sharp knife, removing the top layer of the cutout and filling with a little flax egg. Top with black sesame seeds and press gently. Broil buns in the oven until golden brown.
9. Serve warm on a toasted bun with desired toppings.