

Millet Veggies Burger



Calories:99

Carb:19.3g

Fat:0.6g

Protein:2.9g

Prep time:20 :minutes

Cook time:20 minutes

Total time:40 minutes

Servings:7

Category: Main course

ingredients

- 1/2 cup dry millet, soaked overnight
- 1 1/2 cups water
- 1 large onion , finely chopped
- 3 cups arugula
- 2 stalks celery , minced
- 2 carrots , minced
- 2 tsp sea salt
- 1 t cumin
- 1/2 tsp chili powder
- 1 large potato, boiled

directions

- Rinse the buckwheat grains and put it in a small saucepan. Pour the water in the pot and add salt, bring it to a boil.
- Reduce the heat, cover and simmer until tender 10-15 minutes. Drain the water, if there is any.
- Preheat the oven to 400F(200c) and finely chop the vegetables.
- Mash the potato in a large mixing bowl, stir in the chopped vegetables, spices and boiled millet.
- Whisk the ingredients with your hands or a spoon until well combined.
- Divide the mixture into seven equal portions and shape into patties. Place the patties on a lined baking sheet and bake for 10 minutes, flip and bake for another 10 minutes.
- Enjoy with leafy greens and a sauce of your choice.