Happy Herbivore

BLACK BEAN BURGERS



Quick, gluten-free, and soy-free.

15 ounces black beans, drained and rinsed
2 tbsp ketchup
1 tbsp yellow mustard
1 tsp garlic powder
1 tsp onion powder
1/3 cup instant oats*



Preheat oven to 400F. Lightly oil a cookie sheet or line with parchment paper and set aside. In a mixing bowl, mash black beans with a fork until mostly puréed but still some half beans and bean parts are left. Stir in condiments and spices until well combined. Then mix in oats. Divide into 4 equal portions and shape into thin patties. Bake for 7 minutes, carefully flip over and bake for another 7 minutes, or until crusty on the outside. Slap into a bun with extra condiments and eat!



Editor's Note:
*You can make your own instant oats by buzzing rolled or old-fashioned oats in the food processor.

GINGERED COLLARD GREENS



⅛ tsp red pepper flakes
2 whole garlic cloves, minced
⅓ cup red onion, diced
2 tbsp fresh ginger root, minced
2 cups collard greens, chopped

Line a large pot with a thin layer of water -- the thinnest layer possible. Bring to a boil and sauté a good pinch of red pepper flakes for 30 seconds. Add garlic and onion and cook for another minute. Add ginger and then collards, using tongs or a spatula to flip and move the greens around. Add splashes of water as necessary and continue to cook until the collards are bright green, or cook them longer if you prefer a well-cooked and soft green. Season generously with salt and pepper. Give it a good stir and serve with hot sauce on the table.

Happy Herbivore is the site of Lindsay S. Nixon, a plant-based powerhouse. The Happy Herbivore franchise is whole-food plant-based (WFPB) and oil-free. In addition to the website with loads of recipes to choose from, Nixon has a a series of cookbooks and a meal planning service, Meal Mentor, with a free trial subscription. You can also sign up to get a free weekly recipe.