

10 Minutes to Healthy Eating Susan Teton

Everyone wants to know how to eat more veggies in a delicious, simple and healthy way: Dr Praeger's veggie burgers offer convenience and versatility. These burgers, filled with veggies and packed with flavor, offer the way to spice up veggies while nourishing to the core. Below are four tasty recipes using Dr Praeger's California Veggie and Kale Burgers. They can be whipped up quickly to satisfy your appetite and fuel your body:

Dr. Praeger's Kale Burger with

LEMON TAHINI TAMARI DRESSING AND TOASTED PUMPKIN SEEDS. TOP WITH GOAT CHEESE

INGREDIENTS

Golden Elixir Dressing

- 1/4 C water
- 1/4 C fresh squeezed lemon juice
- 1/4 C tamari (low sodium)
- 1/2 C Barlean's Flax Oil or olive oil
- 1 small chunk of ginger
- 2 T Tahini (unsalted is best)
- cayenne pepper

METHOD: Combine all ingredients except the oil into a blender and blend until smooth. Continue blending on a low speed while you add the in oil slowly. Keeps fresh when stored in the refrigerator for several days.

INGREDIENTS

Toasted Pumpkin Seeds

- 1 T coconut oil
- 1 C raw pumpkin seeds (Pepitas or Stryian Pumpkin Seeds)
- 1 T salt

METHOD: Place the coconut oil in a skillet and warm to medium to high heat. Put in Pumpkin seeds and stir until golden brown. Some seeds will begin to pop. This is a sign that the seeds might be getting to hot. Be careful as they burn easily. Salt the seeds just before removing them from the pan. Let them cool and enjoy. Store in tight lid jar for continued freshness.



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SALAD

- 1 Dr. Praeger's Kale Burger cut into bite size pieces
- 2 slices of Romaine lettuce
- 1 carrot grated
- 1 tomato chopped
- 1 cucumber chopped

METHOD: Fill Romaine slices with Dr. Praeger's Kale burger and veggies. Pour Golden Elixir dressing lavishly on the veggies and top with the pumpkin seeds. Enjoy this same combination on steamed/cooked veggies as well.



DR. PRAGER'S GRILLED CHEESE "RUEBEN STYLE" WITH SAUERKRAUT

INGREDIENTS

- 1 Dr Praeger's Kale Burger
- 2 slices whole grain or sourdough bread
- 2 T coconut oil
- 6 slices cheddar cheese (or cheese of choice)
- 1/4 C Sauerkraut or choice of cultured veggies
- 1 carrot finely grated

METHOD: Warm skillet and place a few drops of coconut oil in a skillet. Cook Dr. Praeger's Kale patty for about 5 on each side if defrosted. Grate the carrot on the small side of the grater that produces fine slivers of carrot. This will result into a juicy carrot mixture. Prepare each piece of bread by covering each one with the slices of cheese. Pile grated carrot and sauerkraut on one of the slices of bread. Top with Dr. Praeger's cooked kale burger. Close sandwich, careful to keep the cheese on each side of the sandwich. Place 1 tbsp of coconut oil in a heated skillet. Carefully place the sandwich in the skillet and grill on one side. When it is nice and toasty, turn the sandwich over being careful to keep it all together.



When the sandwich is all golden brown, remove it from the skillet. Flipping the sandwich can be challenging. Also, be careful not to burn it. Slice in half and enjoy this warm scrumptious meal.

DR PRAEGER'S CALIFORNIA VEGGIE ROLL UP

INGREDIENTS

- 1 Dr Praeger's California Veggie Burger
- 1 piece toasted Nori sheet
- 1 hard boiled egg peeled and sliced
- 1 T tahini or nut butter of choice
- 1/4 C sunflower sprouts
- 1/4 C grated carrots

METHOD: Include any and all veggies you might like! Cook Dr Praeger's California Veggie Burger in a skillet until golden brown. Cut into long pieces. Lie out the Nori sheet and spread the tahini or nut butter across one end. Spread in the chopped egg and the carrots and sprouts. Season with salt, pepper and cayenne or chili flakes. Roll up and cut in half or into desired pieces.



DR PRAEGER'S TABOULI STYLE SALAD



INGREDIENTS

- 1 Dr Praeger's California Veggie Burger
- 1/2 C parsley
- 1/2 C cucumber cubed
- 1/2 C tomato
- 1/4 C lemon juice
- 1 T olive oil
- 1/2 large avocado or 1 whole small avocado

METHOD: Grill Dr Praeger's California Veggie Burger patty in a skillet. Combine all of the other vegetable ingredients and toss with olive oil and lemon. Cut burger patty into pieces and toss in with the vegetable mixture. Fill salad mixture into an avocado half or on a sliced avocado. Season with salt and pepper, cayenne and/or chili flakes.