

Nutty, Juicy Shroom Burgers, Protein Style

You have probably heard about the new veggie burger that bleeds "blood." Sounds good until you read the list of ingredients, which read like a who's who of lectins.

My wife and I make raw taco "meat" with walnuts and mushrooms, so I decided to do a "bloody burger" using my taco recipe and adding red

beets for the crimson hue. Pick a beet about the size of a baseball. Use any kind of mushroom, but portabella or cremini have a meatier texture.

Lettuce leaves stand in for "buns" (here in California, we call a burger served this way "protein style"). Then enjoy your meaty, red-tinged burger minus the meat.

For you die-hard carnivores, I've added a real meat version.

Phases 2-3

Serves 4

Prep time: 25 minutes

Cook time: 10 minutes

2 cups walnuts, halves and pieces

2 cups chopped mushrooms

1 cup chopped red beet

2 cloves garlic, peeled, or ¼ teaspoon garlic powder

½ cup chopped red onion, or 2 tablespoons dried minced onions

1 teaspoon paprika, preferably Hungarian

1 tablespoon dried parsley

Sea salt, preferably iodized

Cracked black pepper

½ cup finely chopped fresh basil or sage

2 tablespoons cassava or tapioca flour

3 tablespoons extra-virgin olive oil or avocado oil for frying, plus additional to shape the patties

- 8 romaine leaves or butter lettuce leaves
- Avocado mayonnaise (optional)
- 1 Hass avocado, peeled, pit removed, and sliced

Put the walnuts, mushrooms, beet, garlic, $\frac{1}{4}$ cup of the onion, paprika, dried parsley, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in a food processor fitted with the S-blade. Pulse and blend until blended but still chunky.

Transfer this mixture to a mixing bowl and stir in the basil, the remaining $\frac{1}{4}$ cup onion, and the flour. Grease your hands with olive oil and knead the mixture to fully combine ingredients. On a sheet of wax paper, form into four patties, each about 4 inches in diameter and 1 inch thick. Use a coffee mug or lowball glass to shape the patties, if you wish.

Heat a large skillet over medium-high heat. Pour in 3 tablespoons of olive or avocado oil. Add the patties, cooking 4 to 5 minutes per side, until nicely browned.

To serve, place each patty on a lettuce leaf, add a dollop of avocado mayo, if desired, add salt and pepper to taste, top with slices of avocado, and cover with a second lettuce leaf.

MEAT VERSION: Add $\frac{1}{2}$ pound of grass-fed ground beef or pastured chicken or turkey to the mixing bowl before forming into patties.

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