

## Pink Out 2020 Cooking Demo Recipe and Directions

### **Quinoa Black Bean burgers (makes 7 small patties)**

1 can black beans  
¼ cup quinoa  
½ cup water (to cook the quinoa)  
½ cup of bread crumbs (may need slightly more if the mixture is too mushy)  
¼ cup minced yellow peppers  
2 tbsp minced onion  
1 large clove of garlic, minced  
1 ½ tsp ground cumin  
1 tsp smoked paprika  
½ tsp salt  
1 tsp hot sauce  
2 tbsp tomato paste  
¼ cup shredded cheddar cheese  
1 egg  
3 tbsp canola or avocado oil  
1 bun  
1 pat of butter for toasting bun

Toppings (optional):

Any sauce you would like (I prefer ketchup and mayo on mine)

Tomato

Lettuce

Avocado

### **Butternut Squash Arugula Salad:**

1 package of pre-cubed butternut squash  
1-2 tbsp avocado or canola oil

For the salad:

1 package of arugula (cleaned)  
Sprinkle feta cheese  
Sprinkle toasted almonds

For the dressing

2 teaspoons dijon mustard  
¼ cup fresh squeezed lemon juice  
4 cloves garlic, finely minced  
½-¾ cup olive oil  
1 tsp pure maple syrup or to taste  
Pepper to taste  
Salt to taste

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**\*\*\*Tips for before the cooking demo: Please mince the onion and bell peppers beforehand. Use pre cubed butternut squash and already minced garlic. If you do not get the prepared version, then please chop the butternut squash and garlic beforehand as well.\*\*\***

### **Step 1:**

Preheat the oven to 400 F and coat cubed butternut squash with oil, salt, and pepper on a foil lined pan. Bake for about 20-30 minutes, flip once they have 10 minutes left.

### **Step 2:**

Bring the quinoa and water to a boil in a small pot. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.

### **Step 3:**

Mince the bell pepper and onion. **(please do beforehand if possible)**

### **Step 4:**

Rinse canned black beans. Then, use a food processor to roughly mash the beans. Once they are mashed, add to a bowl with bell peppers, onions, garlic, hot sauce, egg, tomato paste, breadcrumbs, cheese, cumin, paprika, and salt. Mix together to create a thick paste.

### **Step 5:**

Roll and then flatten each into a patty, should be smaller than size of your palm. Then, add avocado or canola oil and pan fry patties on each side at medium high heat. They should form a golden crust on each side.

### **Step 6:**

Mix together arugula, feta cheese, and almonds into a large bowl. For the dressing, add olive oil, Dijon mustard, salt, pepper, lemon, garlic and maple syrup into a small bowl and whisk together. Make sure the taste is to your preference.

### **Step 7:**

Toast the buns with butter on a medium high heat pan. Then, top burgers how you prefer. Add prepared dressing to the salad and serve!