Vegetable burgers with pineapple salsa
Serves 6

SALSA
1 cup diced fresh pineapple
1 diced Persian (small, seedless) cucumber
1 small poblano chili, seeded and diced
1 tablespoon or more chopped red onion or scallions, to taste
1 1/2 cup coarsely chopped cilantro leaves
Juice of 1 lime, or more, to taste
Salt, to taste
1. In a bowl, stir together the pineapple, cucumber, poblano, onion or scallions and cilantro leaves.
2. Stir in the lime and salt. Taste and add more lime juice or salt, if you like.

VEGETABLE BURGERS
1 poblano pepper, seeded and cut into 1-inch chunks
1/2 onion, cut into 1-inch chunks
1 large carrot, cut into 1-inch chunks
1 medium zucchini (about 9 ounces), cut into 1-inch chunks
4 tablespoons olive oil
1 slice whole wheat bread, torn into pieces
1 (15-ounce) can black beans, rinsed, drained and patted dry with paper towels
1 (15-ounce) can kidney beans, rinsed, drained and patted dry with paper towels
1 egg, beaten
1/2 teaspoon salt
1/8 teaspoon black pepper
12 leaves of Boston lettuce or radicchio

1. In a food processor, pulse the poblano or green pepper, onion and carrot until finely chopped. Add the zucchini and pulse again to chop it.

2. In a large non-stick skillet over medium heat, heat 2 tablespoons of the oil. Add the pepper, onion, carrot and zucchini. Cook, stirring often, for 7 to 8 minutes, or until the vegetables soften and most of the liquid has evaporated. Transfer to a large bowl. Wipe out the skillet

3. Without cleaning the food processor, add the torn bread pieces and pulse until they form soft breadcrumbs. Add to the bowl of vegetables.

4. Line a baking sheet with a paper towel and spread the rinsed and drained beans on top. Pat them dry with another paper towel to remove excess moisture. In the food processor (again, don’t bother to wash it), pulse the beans until they are in small pieces, but not pasty. Transfer to the bowl with the vegetables and breadcrumbs.
5. Stir the egg, salt and pepper into the bowl until well mixed. Shape into 6 patties.

6. In the skillet over medium heat, heat the remaining 2 tablespoons of oil. Add the patties and cook for 5 minutes on a side, or until browned and hot all the way through.

7. Set two lettuce leaves on each plate. Top each with a burger and a spoonful of salsa.

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