

PEANUT, FARRO, AND MUSHROOM BURGERS

Yield: 10 patties

Ingredients	Amounts
Farro	¾ cup
Sweet potatoes, pale flesh	1 lb.
Extra virgin olive oil	6 Tbsp.
Fresh rosemary	1 sprig
Fresh thyme	1 sprig
Black pepper, freshly ground	1 tsp.
Peanuts, chopped	¾ cup
Mushroom caps, brown, finely chopped	1 lb.
Kosher salt	¾ tsp.
Extra virgin olive oil	4 Tbsp.
Shallots, finely chopped	3 ea.
Dry white wine, dry vermouth, or water	1 Tbsp.
Parmigiano-Reggiano cheese, finely grated	½ cup
Lentil crumbs	1 cup

Method

1. Bring 2¼ cups of water to a boil in a medium saucepan. Add the farro, return to a boil, cover, and reduce the heat to medium-low, cooking until the farro is tender, about 30 minutes. Turn off the heat, fluff the farro with a fork, cover, and set aside.
2. While the farro cooks, boil the potatoes. Bring a large saucepan of water to a boil, add the potatoes, return the water to a boil, and cook until a paring knife easily slips into the center of the largest potato, about 20 minutes. Drain and set aside. Once the potatoes are cool, peel them and place them in a large bowl.
3. Remove the needles and leaves from the rosemary and thyme branches and place them in a large skillet along with the olive oil and black pepper. Warm the olive oil-herb mixture over medium-high, stirring occasionally. Once the herbs start cracking, after about 1½ minutes, add the peanuts and cook for 2 minutes or until a nice golden color, add the mushrooms and salt. Cook the mushrooms until they release their liquid and the pan is dry again, 6 to 7 minutes, stirring often. Transfer the mushrooms to the bowl with the potatoes and set aside.
4. Heat 1 tablespoon of olive oil over medium-high heat in the skillet. Add the shallots and cook until they are soft and just starting to brown, about 2 minutes. Add the wine and stir to work in any browned bits from the bottom of the pan. Turn off the heat and scrape the shallots into the bowl with the mushrooms and potatoes. Add the Parmesan along with the farro. Use a potato masher or fork to mash the ingredients together.
5. Form the mixture into 10 patties. Place the panko or lentil crumbs in a shallow dish and press the top and bottom of each patty into the panko/lentil crumbs to evenly coat. Heat 3 tablespoons of olive oil in a clean large skillet over medium-high heat. Add 5 patties and cook on each side until nicely browned and crusty, 8 to 10 minutes total. Remove the patties from the skillet and place them on a plate. Repeat with the

remaining patties, adding more oil between batches if necessary. Serve hot with a lightly dressed green salad.

Recipe credit: Suvir Saran, as presented at the Healthy Kitchens, Healthy Lives Conference. Presented at the tasting reception on March 18, 2010 and Plenary Session IV on March 19, 2010.

Nutrition Information Per Serving

Calories	370			
Total Fat	20 g	Sodium	245 mg	10% DV
Saturated Fat	3 g	Potassium	571 mg	16% DV
Trans Fat	0 g	Iron	2.6 mg	15% DV
Cholesterol	3.5 mg	Calcium	91 mg	9% DV
Carbohydrate	35 g	Folate	122 mcg	30% DV
Dietary Fiber	10 g	Vitamin A	6502 IU	130% DV
Protein	13 g	Vitamin C	3 mg	6% DV