Eat with Ease Recipe

Mediterranean Burgers

Approx. 10-12 burgers

**Ingredients**

* 2 ounces (1/2 jar) of chopped sun-dried tomatoes packed in oil
* 1 1/2 cups spinach water (see in instructions), possibly combined with vegetable broth or water
* 1/2 cup quinoa, rinsed (see Ingredient note)
* 1/4 teaspoon salt
* 1/2 large onion, chopped
* 3 cups lightly packed baby [spinach](http://www.eatingwell.com/recipes/mediterranean_burgers.html), stems trimmed
* 1 teaspoon minced garlic
* 1/2 cup crumbled feta cheese
* 1 tablespoon chopped fresh basil
* 2/3 cup fine dry breadcrumbs
* 1/4 teaspoon freshly ground pepper
* Olive oil for pan frying

**Directions**

1. In advance, freeze the feta cheese.
2. Wash the spinach. Place the spinach in the blender and add water so it purees it. Pour the mixture through a wire mesh strainer to separate the spinach “pulp” and the spinach water. Save the spinach water.
3. Cut ½ onion into small pieces. Place in the blender and add water so it purees it. Pour through a wire mesh strainer to remove most of the liquid. Save the onion water.
4. Combine the spinach water and onion water to make a total of 1 ½ cups of liquid. If there is not enough, add vegetable broth or water. Pour liquid into a medium saucepan. Bring the liquid to a boil. Stir in quinoa and salt; return to a boil. Reduce heat to low, cover and simmer until the quinoa is tender and liquid is absorbed, 25 to 30 minutes. Let stand, covered, for 10 minutes. Fluff with a fork; transfer to a plate to cool to room temperature, about 20 minutes.
5. While the quinoa cooks, chop the frozen feta very fine so it is like a powder.
6. Place sundried tomatoes (without oil) in a blender with enough water to puree into a paste. Completely puree, as chunks of sundried tomato are very hard to chew.
7. In a large mixing bowl, stir together the feta, quinoa, onion, spinach, and remaining ingredients. Mix well.
8. With dampened hands, remove approximately ¼ cup of the mixture at a time and form into thin patties.
9. Using 2 teaspoons oil per batch, cook patties in a large nonstick skillet over medium-high heat until browned and heated through, about 4 minutes per side.

*I usually cook two thin slices of Mexican Sema bread in the oven, flipping repeatedly, until it becomes crostini (like a cruton). I place half of the burger on each slice (more manageable). I top with a sauce, such as garlic mayo if I want to compliment the Mediterranean flavors, or with a spicy Chipotle mayo if I want to pair it with sides such as refried beans, chips and guacamole (without pico).*

**Original recipe (before we altered it) from: posted at** [**www.eatingwell.com**](http://www.eatingwell.com) **under food title.**