

## Yummy Black Bean, Beet, and Shiitake Burgers

This month's recipe comes from the UC Davis Department of Integrative Medicine and Dr. Rosane Oliveira. She is passionate about how to follow a plant based diet and this month she discusses how following a plant based diet does not mean abandoning the summer burger and barbeque time with family and friends.

“Plant-based eaters can enjoy a summertime staple with this twist on the classic burger. Our recipe for Yummy Black Bean, Beet, and Shiitake Burgers infuses your favorite veggies with flavors like ground mustard, smoked paprika and pepper to produce an irresistible veggie burger for your next summer barbecue.” Consider following the burger with a delicious piece of pineapple cake. “Our plant-based recipe for Pineapple Cake uses maple syrup instead of refined sugar, fresh pineapple, and an egg-free, oil-free batter. After baking, flip it upside down to cool so the sweet fruit juice can make its way into the fresh, warm cake.

Prep Time: 45 minutes

Cook Time: 25 minutes

Yield: Serves 4-6

<https://ucdintegrativemedicine.com/recipes/black-beet-mushroom-walnut-veggie-burgers/#gs.t4bTsZg>

### Ingredients:

- 1 1/2 cups canned black beans, drained and rinsed
- 1 1/2 cups fresh shiitake mushrooms, thick stems removed
- 1 cup forbidden rice, cooked
- 1/2 to 3/4 cup walnuts or pecans
- 1/4 cup raw beets, grated
- 3 tablespoons aquafaba
- 1 tablespoon stone-ground mustard
- 1 teaspoon smoked paprika
- 1/2 teaspoon apple cider vinegar
- Freshly ground black pepper to taste



### Directions:

- Preheat oven to 375°F.
- Line a baking sheet with parchment paper.
- Rinse black beans and transfer them to a large mixing bowl. Mash them with a fork.
- Process walnuts (or pecans) in a food processor. Add them to the mashed black beans.
- Process shiitake mushrooms in a food processor. Mix them with forbidden rice, beets, spices and all other ingredients.
- Chill mixture for 15 to 30 minutes in the refrigerator to thicken. Form patties with hand.
- Wrap patties individually to freeze, or
- Bake patties at 375°F for 25 minutes. Cool for 2 to 3 minutes and serve.

**Note:** If grilling, cook patties on non-stick foil on pre-heated grill until golden brown on each side.

## Pineapple Cake

Our plant-based recipe for Pineapple Cake uses maple syrup instead of refined sugar, fresh pineapple, and an egg-free, oil-free batter. After baking, flip it upside down to cool so the sweet fruit juice can make its way into the fresh, warm cake below.

Prep Time: 15 minutes

Cook Time: 40 minutes

Yield: Serves 8

<https://ucdintegrativemedicine.com/recipes/pineapple-cake/#gs.rufbeCU>

### Ingredients:

- 1 pineapple, fresh, cut into rings or chunks
- 1 1/2 cup flour, whole wheat pastry or gluten-free
- 1 cup [Homemade Nut Milk](#) or store-bought plant-based milk
- 3/4 cup maple syrup
- 1 tablespoon lemon juice, freshly squeezed
- 2 1/4 teaspoons baking powder
- 1 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg



### Directions:

- Preheat oven to 350°F.
- Drizzle 1/4 cup maple syrup and lemon over the bottom of a nonstick 9-inch cake pan. Cover the bottom with pineapple rings/chunks.
- Mix dry ingredients in a small bowl.
- In a second bowl, whisk nut milk, 1/2 cup maple syrup and vanilla, then add dry ingredients, stirring until combined.
- Pour batter over pineapple then bake 40 minute or until a toothpick inserted in the center comes out clean.
- Cool for 10 minutes then flip upside down on a plate. Serve immediately or cool completely then serve.