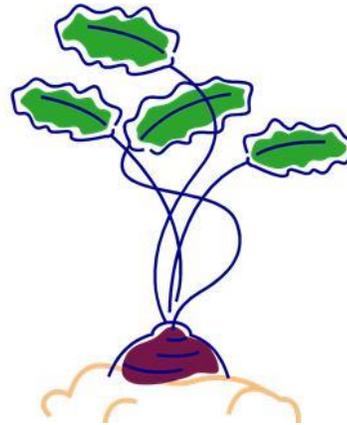


# Beet and Farro Burgers

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## Ingredients:

2 medium red beets (approximately 1 lb)  
1 ½ cups water  
½ cup dry farro\*  
2 Tbsp olive oil, divided  
½ cup minced red onion  
2 garlic cloves, minced  
¼ cup finely chopped walnuts  
2 tsp smoked paprika  
1 tsp ground cumin  
½ tsp ground coriander  
½ cup plus 2 Tbsp panko bread crumbs  
2 tsp Dijon mustard  
2 eggs, lightly beaten  
½ tsp salt  
¼ tsp freshly ground black pepper



## Method:

1. Preheat the oven to 400°. Detach the beet greens, if necessary, and set them aside for another use. Trim the beets and wrap each one in foil. Place the beets on a baking sheet and roast in the oven for about 1 hour, just until tender. Wearing pot holders, unwrap the beets and allow them to cool.
2. Meanwhile, bring the water to boiling in a medium saucepan. Add the farro, bring to boiling, lower the heat, and simmer for 18 to 20 minutes, until tender. Drain the excess water and add the cooked farro to a medium mixing bowl; set aside.
3. In a medium skillet, heat 2 tsp of the olive oil over medium heat. Add the onion and sauté for 4 minutes. Add the garlic and walnuts, and sauté for 1 minute. Add the smoked paprika, cumin, and coriander, and sauté for 1 minute.
4. Add the onion-walnut mixture to the cooked farro. Add the bread crumbs and Dijon mustard, and mix well. Add the eggs, salt, and pepper, and mix again.
5. Peel the beets under cool running water, discarding the skins. Using the box grater, coarsely grate the beets. You should have approximately 1 ¼ cups grated beets. Add the beets to the farro mixture. Cover and refrigerate for 2 hours or overnight.
6. In a large, heavy skillet (preferably cast iron), heat the remaining 4 tsp oil over medium-high heat. Using approximately ½ cup beet-farro mixture per burger, shape six patties. Add the patties, in batches if necessary, and sauté on one side for about 5 minutes. Gently flip the patties, and continue to cook without disturbing them for about 5 minutes, until a crust forms. If desired, garnish with carrot strips, tomatoes slices, and/ or spinach. If your eating plan allows, serve on half a bun.

\*Or use brown rice or barley as a substitute

**Credit:** *Diabetes Forecast: Seeing Red* by Robyn Webb, MS, LN