WisebiteNutrition™

Live Nutritiously and Eat Deliciously

Plant-Based Burger + Sides Recipe Pack

This collection of healthy, recipes includes simple, delicious plant-based options for burgers and their sides.

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Welcome!



I'm so glad you're here.

A team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

Now, let's get cooking!

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Recipes

- Beet and Bean Burgers
- Seedy Lentil Burgers
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- Chickpea Burgers
- Roasted Potato Wedges
- Simple Cabbage Slaw
- Oven-Roasted Sweet Potato Fries



Beet and Bean Burgers

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 4 small beets, washed and peeled
- 1/2 cup oats (GF if necessary)
- 1/4 cup flax meal
- 1 cup pepitas, raw (pumpkin seeds)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp rosemary, dried
- 1 Tbs soy sauce
- 1 white beans, canned, drained and rinsed

Per serving:

334 calories

31g carbohydrates

10g fiber

18g total fat

15g protein



Prep

1. Preheat the oven to 375° F.
2. Line baking sheet with parchment paper.
3. Wash and peel beets. You can also uses pre-raosted beets.

Make

1. Shred beets using a box grater or the shredding blade on your food processor. Set aside.
2. With the S-blade in your food processor, pulse the oats, flax, and pepitas until ground. Pulse in spices.
3. Add beets back to the food processor with soy sauce and beans and pulse until a batter forms.
4. Using an ice cream scoop or two spoons, form 4 equal patties and place on the parchment-lined baking sheet.
5. For extra crispiness, you can spray burgers with oil.
6. Bake in the oven for 20 minutes, flip and continue baking until burgers are firm. Remove and let stand to cool for 2 minutes before serving [this allows them to firm up even more.]
7. Serve with your favorite burger toppings!

Seedy Lentil Burgers

Serves 4

Prep: 15 mins. | Total: 45 hours

Ingredients

- 1 1/2 cup lentils, canned, drained and rinsed
- 1/2 cup onion, sweet, chopped
- 1 carrot, peeled and chopped
- 1 clove garlic, crushed
- 1/3 cup walnuts, raw
- 1/3 cup sunflower seeds, raw
- 1/3 cup chickpea flour
- 1/2 cup almond flour
- 2 Tbs dill, fresh, chopped
- 1 egg, extra-large
- 1 1/2 Tbs Worcestershire sauce
- 1 Tbs tomato paste
- olive oil spray

Per serving:

324 calories

30g carbohydrates

10g fiber

17g total fat

17g protein



Prep

1. Preheat oven to 400° F and line a baking sheet with parchment paper.
2. Drain and rinse lentils.
3. Roughly chop onion and peel and chop carrot.

Make

1. Add onion, garlic, and carrot to the food processor and pulse until finely chopped. Remove to a large bowl.
2. Add walnuts and sunflower seeds to the processor and pulse until finely ground. Add to bowl with vegetables along with chickpea flour, almond flour, and dill. Mix together.
3. Make a well in the middle of the ingredients and add lentils to the bowl. Mash lentils with a fork or potato masher then mix into other ingredients.
4. In a small bowl, whisk together egg, Worcestershire sauce, and tomato paste. Add to bowl with burger mixture and stir to coat all ingredients well. If the mixture seems too wet, you can add more chickpea flour a bit at a time to bind.
5. Using an ice cream scoop or 1/3 measuring cup, form patties and place them on a parchment-lined baking sheet. Spray or brush tops with olive oil and place in oven.
6. Bake burgers for about 15 minutes, then flip, spray with oil and bake an additional 15 minutes until browned.
7. Serve on a whole-grain bun with desired toppings [we love avocado, tomatoes, and kale.]

Tempeh Black Bean Burgers

Serves 4

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 1 Tbs flaxseed, milled
- 3 Tbs plain almond milk, unsweetened
- 2 medium scallions, sliced
- 8 oz tempeh, crumbled
- 1 cup canned black beans, drained, rinsed
- 1 tsp smoked paprika
- 1 tsp dried parsley
- 1 tsp dried oregano
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 Tbs olive oil
- 1 head romaine lettuce, leaves separated
- 1 medium tomato, sliced
- salt & pepper to taste

Per serving:

270 calories

25g carbohydrates

10g fiber

13g total fat

19g protein



Prep

1. Combine flax and almond milk in a small bowl and set aside.
2. Chop scallions.
3. Crumble tempeh.
4. Drain and rinse black beans.
5. Preheat oven to 400° F and line baking sheet with parchment paper.

Make

1. In a large bowl, combine crumbled tempeh with smoked paprika, dried parsley, dried oregano, onion powder, and garlic powder.
2. Add black beans, scallions, flax mixture, and olive oil into the tempeh. Mash together with a potato masher until ingredients are combined.
3. Divide mixture into 4-5 servings, shaping them into patties about 1.5" thick. Place on the parchment-lined baking sheet.
4. Bake in the oven for 15 minutes, flip, spray with more olive oil, and bake for an additional 15 minutes until patties are firm and edges are browned.
5. Serve on romaine lettuce leaves and top with a slice of tomato and other toppings of preference.

Chickpea Burgers

Serves 4

Prep: 20 mins. | Total: 50 mins.

Ingredients

- 1 clove garlic, pressed
- 1/2 cup celery, finely chopped
- 1/2 cup carrots, finely chopped
- 1/2 cup sweet onion, finely chopped
- 1/2 cup spinach, frozen, thawed, and squeezed dry
- 1 (15 oz.) can of chickpeas, drained and rinsed
- 2 Tbs sesame seeds
- 1/2 cup brown rice, pre-cooked
- 1 Tbs soy sauce (or other gluten-free soy sauce)
- 1 1/2 tsp curry powder
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 cup oat flour

Per serving:

249 calories

39g carbohydrates

9g fiber

8g total fat

9g protein



Prep

1. Preheat the oven to 375° F.
2. Press garlic and chop celery, carrot, and onion.
3. Thaw spinach, dry, and chop. Drain chickpeas.
4. The recipe calls for 1/2 cup cooked rice [1/4 cup dry] - make 1 cup of rice and save the rest to add to a salad.

Make

1. In a food processor, add sesame seeds, celery, carrot, and onion. Pulse until combined. Remove and place in a bowl.
2. To the same food processor, add chickpeas and process while pulsing the on/off switch until you get a smooth mixture with some chunks. Do not over-process or you will be having hummus for dinner.
3. Add chickpea mixture to vegetables in the bowl along with rice, chopped spinach, soy sauce, curry powder, cumin, paprika, and salt. Mix thoroughly.
4. Mix in enough oat flour to form a stiff dough and knead for 30 seconds.
5. Form patties, place on a parchment-lined baking sheet, spray lightly on both sides with oil, and place in the oven for 30 minutes or until edges start to brown. Serve warm with toppings.

Roasted Potato Wedges

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 4 potatoes, cut into wedges
- 2 Tbs. olive oil, garlic-infused
- salt, to taste
- black pepper, to taste

Per serving:

207 calories

33g carbohydrates

5g fiber

7g total fat

4g protein



Prep

1. Wash potatoes and slice into wedges.
2. Preheat oven to 400° F and line baking sheet with parchment paper.

Make

1. Toss potato wedges with olive oil and season with salt and pepper.
2. Roast in the oven for at least 20 minutes, tossing several times during cooking, until potatoes are done to liking [we like them crispy!]
3. Serve warm.

Simple Cabbage Slaw

Serves 4

Prep: 10 mins. | Total: 30 mins.

Ingredients

- 1 lb. purple cabbage, cored and thinly sliced
- 1 lb. green cabbage, cored and thinly sliced
- 1 green apple, peeled and sliced
- 2 carrots, peeled and shredded
- 1 Tbs rice vinegar
- 1 Tbs olive oil
- 1 tsp maple syrup
- 2 Tbs pumpkin seeds
- Salt, to taste

Per serving:

145 calories

25g carbohydrates

7g fiber

5g total fat

4g protein



Prep

1. Core and thinly slice red and green cabbage.
2. Peel and slice apple into thin matchsticks.
3. Shred carrots.

Make

1. Whisk together rice vinegar, olive oil, maple syrup, and salt in a large bowl.
2. Add cabbage, pumpkin seeds, apple, and carrots, and toss well.
3. Let stand, uncovered, for 30 minutes to an hour, tossing occasionally until slightly wilted.
4. Optional: add chopped fresh herbs of choice.

Oven-Roasted Sweet Potato Fries

Serves 4

Prep: 10 mins. | Total: 30 mins.



Ingredients

- 1 1/4 lb sweet potato, cut into 1/4" strips
- 1 Tbs olive oil
- 1/2 tsp salt
- 1 tsp garlic powder
- 1/2 tsp paprika
- 2 Tbs fresh rosemary, chopped (or 1 tsp dried]
- 1 Tbs tapioca starch (arrowroot or cassava will work too)

Per serving:

163 calories

31g carbohydrates

4g fiber

4g total fat

2g protein

Prep

1. Preheat the oven to 375°F.
2. Place sweet potatoes in a large bowl and toss with olive oil, salt, garlic powder, paprika, and tapioca starch.

Make

1. Place the potatoes on a parchment-lined sheet pan.
2. Bake for about 25-30 minutes depending on the size of your sweet potato fries.
3. Serve with a bit more salt if desired.

AIR FRYER VERSION: Preheat the air fryer to 375°F. Use less oil [about 1 teaspoon] and follow directions for the rest of the ingredients. Cook for 20 minutes, tossing once during cooking time.



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Let's Connect

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