Stacked Sweet Potato Burgers

(Makes 4 burgers)

Ingredients:

2 – sweet potatoes, scrubbed and pierced

1 can kidney beans, drained and rinsed

1 jar roasted red peppers, drained

3 green onions, finely chopped

1 red chili, deseeded and finely sliced

½ teaspoon ground cinnamon

½ teaspoon smoked paprika

2 tablespoons coriander

1 cup panko breadcrumbs (can use gluten free)

For Avocado Lime Crema

Sea salt and black pepper, to taste

1 ripe avocado, halved

Juice of 1 lime

A pinch of smoked sea salt, optional

Serving:

1 large carrot, shaved into ribbons

4 buns

Few lettuce leaves (recommended curly or red leaf)

1 large tomato, sliced thinly

½ small red onion, thinly sliced

Directions:

1. Microwave the sweet potatoes for 7-8 minutes on full power) or until softened. Or bake at 350 degrees for about 50 minutes. Cool, then scoop out the soft flesh into a bowl.

2. Add the kidney beans and mash roughly, leaving some whole. Finely chop half of the roasted red peppers (keep the rest to serve) and add to the bowl. Stir in the green onions, red chili, cinnamon, paprika, coriander and mix until combined.
3. Create 4 chunky burgers by flattening the mixture into round ½ thick patties with your hands. Press the burgers into the panko breadcrumbs; chill for 30 minutes to firm up. Preheat the oven to 350 degrees.
4. Add the burgers to a parchment lined baking sheet and, bake for 20 minutes or until golden brown.
5. In the meantime, make the avocado lime crema. Mash ½ avocado with the lime juice until smooth; season with smoked sea salt to taste. Slice the other ½ of the avocado.
6. Roll the carrot ribbons up from one end.
7. Serve the burgers in warmed seeded buns, layered with lettuce, chargrilled pepper and sliced avocado underneath, then spoon over the avocado lime cream and add the tomato, red onion and rolled carrot ribbons.

Polenta Fries

(makes 4 servings)

Ingredients:

1 roll polenta, any flavor

Sea salt and black pepper to taste,

Sprinkle of chives

Dipping Sauce:

Favorite jar of marinara sauce

Directions:

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. Slice the polenta into 1-to-1.5-inch size fries and then place on the parchment lined baking sheet.
3. Bake for 20 to 25 minutes or until a nice golden brown.
4. While the polenta fries are baking, heat the marina in a saucepan.
5. To serve, add the fries to a dish and then the marinara into a bowl and place in the middle of the fries. Enjoy.