



Strength in Plants By *Kate Murray*

Farm-share day, just like Christmas



White bean burger with olive tapanade. Fresh ingredients from local farms make this dish special.

SPECIAL TO THE READING EAGLE: KATE MURRAY

THERE IS something exquisite about fresh produce. I find that each week when I pick up my farm share, it's like Christmas morning as a child.

You never know what you're going to get, and it's so exciting when you see these gorgeous, freshly harvested vegetables with long flowing leaves and a fresh scent. It is, quite simply, a miraculous way to tame the voice in your head that thinks you might enjoy something sweet.

You know the voice I'm talking about. It's the one that constantly questions whether what we're doing to improve our health is enough, or whether the bag of chips we ate the day before is going to ruin us.

It's the same voice that encourages us to open the fridge when we're not hungry. But there is something about each Wednesday that I look forward to. The notion that others are eagerly awaiting their farm

share, too, helps solidify the fact that we're all after the same goals: health and happiness.

Maybe it's the Mediterranean influence of my heritage, but there is something that keeps drawing me toward onion, mushroom and basil combinations when I'm looking for something really satisfying. This recipe can be enjoyed hot inside a burger bun or as a cold sandwich inside a pita. Bring it to your picnic this summer and watch as your curious friends and relatives jump onboard the wellness train. You just might find that you don't have any leftovers.

White bean "burger" with olive tapanade

1/2 lb of dried white beans, soaked overnight, or one 12-oz can, rinsed well.
1 clove of garlic, minced.
1 vidalia onion, chopped.
1/2 lb of small portabella mushrooms, chopped.
10-15 leaves of fresh basil.

1/2 cup oat bran.
1/2 cup breadcrumbs.
1 cup brown rice cooked and cooled.

TAPANADE

1/2 cup kalamata olives, pitted and chopped.
4-6 sun dried tomatoes, chopped.
1 tablespoon red wine vinegar.

BASIL MAYO

1/2 cup vegan mayonnaise.
10 leaves of fresh basil.
1 tablespoon red wine vinegar.

PREP: Cook rice — 2 parts water to 1 part rice — for about 20 minutes and set aside to cool. Sauté the chopped onion and sliced mushrooms together in a splash of vinegar until caramelized. Add the minced garlic for about 1 minute before you turn off the heat. Set aside and allow to cool while you chop the olives and sun dried tomatoes for the tapanade.

When the rice and the onion mixture is moderately cool, combine with oat bran, basil, and beans and process to a chunky consistency in a food processor. Form patties and place on a parchment-lined baking sheet. I like to sprinkle the bread crumbs on top instead of trying to coat the entire patty. However, depending on how much liquid your onion/mushroom mixture produced, you may need to add extra bread crumbs to get a stickier consistency for forming the patties.

Bake in a 400-degree oven for about 10-15 minutes. Top with basil mayo, olive tapanade, and arugula or spinach, and serve on a whole grain or onion roll. You can also serve these in a pita. Note that these are not the type of burgers that you can put on your grill. ☺

Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: asilentcure.org.

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