

You won't miss the meat in these rice and edamame burgers

By America's Test Kitchen

No one will miss the meat when they take their first bite of these ultra-savory, Japanese-inspired rice burgers packed with edamame and infused with fresh ginger, sesame, and the distinct taste of *nori*, a type of dried seaweed.

For a burger with edamame in every bite, we pulsed it — along with some fresh spinach — with the rice in the food processor. This enabled us to incorporate far more filling into each burger, and slightly processing the rice released more starch, making the patties easier to shape.

We topped our burgers with flavorful sriracha mayonnaise and a medley of matchstick carrots, bean sprouts, and thinly sliced radishes for lively crunch. Swapping out the traditional burger bun in



MEATLESS MEAL. The recipe for Spicy Brown Rice Edamame Burgers appears in The Ultimate Burger cookbook. (Daniel J. van Ackere/America's Test Kitchen via AP)

favor of iceberg lettuce leaves gave our burgers a lighter, fresher taste. To make these burgers vegan, substitute vegan mayonnaise.

America's Test Kitchen provided this article to The Associated Press. More recipes, cooking tips, and ingredient and product reviews are available at <www.americastestkitchen.com>.

Spicy Brown Rice Edamame Burgers

Servings: 4
Start to finish: 1 hour, 25 minutes

- 1 cup short-grain brown rice
- 1 cup baby spinach
- 3/4 cup frozen shelled edamame beans, thawed and patted dry
- 2 (8" x 7.5") sheets nori, crumbled
- 2 teaspoons toasted sesame oil
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon table salt
- 2 tablespoons vegetable oil
- 1/2 cup mayonnaise
- 2 tablespoons sriracha
- 8 large leaves iceberg lettuce
- 1 carrot, peeled and cut into 2-inch-long matchsticks
- 3 ounces (1 1/2 cups) bean sprouts
- 2 radishes, trimmed, halved, and sliced thin

Bring 1 3/4 cups water and rice to simmer in a large saucepan over medium-high heat. Reduce heat to low, cover, and simmer gently until rice is tender and water is fully absorbed, 40 to 45 minutes. Off heat, lay clean dish towel underneath lid, and let sit for 10 minutes. Fluff rice with fork and cover.

Pulse spinach, edamame, nori, sesame oil, ginger, and salt in food processor until the mixture is finely ground (it should not be smooth), about 10 pulses, scraping down sides of bowl as needed. Add rice and pulse until rice is coarsely chopped and mixture is well combined, about eight pulses.

Divide rice mixture into four equal portions. Using lightly moistened hands, tightly pack each portion into a 3/4"-thick patty. (Patties can be refrigerated for up to 24 hours.) Heat vegetable oil in 12" nonstick skillet over medium heat until shimmering. Place patties in skillet and cook until golden brown and crisp on first side, five to seven minutes. Using two spatulas, gently flip patties and cook until browned and crisp on second side, five to seven minutes.

Whisk mayonnaise and sriracha together in a bowl. Stack lettuce leaves together to create four lettuce wraps. Serve burgers on lettuce wraps, topped with sriracha mayonnaise, carrot, bean sprouts, and radishes.

Nutrition information per serving: 391 calories (281 calories from fat); 31 g fat (4 g saturated, 0 g trans fats); 12 mg cholesterol; 672 mg sodium; 21 g carbohydrate; 4 g fiber; 4 g sugar; 6 g protein.



SENSATIONAL SANDWICH. Tumeric Chicken Salad Sandwiches can be prepared in less than an hour. The recipe appears in the cookbook Nutritious Delicious. (Daniel J. van Ackere/America's Test Kitchen via AP)

To kick up your chicken salad, turn to your spice rack

By America's Test Kitchen

To apply some modern tricks to old-school chicken salad, we turned to our spice rack. Most spices boast an impressive portfolio of phytonutrients — often the very same compounds that give them such potent flavor.

Mild, creamy chicken salad was an ideal canvas. First, we found we could replace two-thirds of the mayonnaise with low-fat yogurt (and use less dressing overall) and still deliver enough creamy tang to keep everyone happy. To spice up our dressing, we added turmeric and black pepper.

Long used as a medicinal spice in India, turmeric is associated with many health benefits. Black pepper — commonly paired with turmeric — may boost the potency of turmeric, especially in the presence of a little heart-healthy fat.

With our dressing ready, we poached chicken breasts to perfection by heating them just until the water reached 170° Fahrenheit, then removing the pot from the heat and letting the chicken cook through slowly and gently.

For add-ins, we opted for dried cherries and toasted walnuts to provide crunch. Instead of a whisper of herbs, we stirred in 1/3 cup of parsley leaves (herbs, like spices, contain concentrated nutrients), which added a pop of green color and an herbal back note. Two cups of tender baby spinach provided a fresh finish to our updated chicken salad sandwiches.

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Tumeric Chicken Salad Sandwiches

Servings: 6
Start to finish: 1 hour

- Salt and pepper
- 2 (4- to 6-ounce) organic boneless, skinless chicken breasts, no more than 1" thick, trimmed of all visible fat
- 1 teaspoon cold-pressed extra-virgin olive oil
- 1/2 teaspoon ground turmeric
- Pinch ground cinnamon
- 1/4 cup organic plain low-fat yogurt
- 2 tablespoons mayonnaise
- 2 teaspoons lemon juice
- 1/2 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1/3 cup walnuts, toasted and chopped coarse
- 1/3 cup fresh parsley leaves
- 1/4 cup unsweetened dried tart cherries
- 1 shallot, minced
- 12 slices hearty 100% whole-grain sandwich bread
- 2 ounces (2 cups) baby spinach

Dissolve one tablespoon salt in six cups cold water in Dutch oven. Submerge chicken in water. Heat pot over medium heat until water registers 170° Fahrenheit. Turn off heat, cover pot, and let stand until chicken registers 165° F, 15 to 17 minutes. Transfer chicken to paper towel-lined rimmed baking sheet and refrigerate until cool, about 30 minutes.

Combine oil, turmeric, and cinnamon together in a bowl and microwave until fragrant, about 30 seconds; let cool slightly. In a large bowl, whisk oil mixture, yogurt, mayonnaise, lemon juice, mustard, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt together until smooth.

Pat cooled chicken dry with paper towels and cut into 1/2" pieces. Add chicken, walnuts, parsley, cherries, and shallot to bowl with yogurt mixture, toss to combine, and season with salt and pepper to taste. Divide chicken salad evenly over 6 bread slices, then top with spinach. Top with remaining 6 bread slices. Serve.

Nutrition information per serving: 485 calories (141 calories from fat); 16 g fat (2 g saturated, 0 g trans fats); 31 mg cholesterol; 762 mg sodium; 70 g carbohydrate; 17 g fiber; 10 g sugar; 25 g protein.

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