

KALE BURGER

By Karon Hampton of Brooklyn Eats
Inspired by the wonderful [iCi in Fort Greene](#)



INGREDIENTS

1 large bunch kale, well-washed and mostly dried

sea salt

1 large tomato, chopped

1 tablespoon almond butter or tahini

1/2 teaspoon garlic or 1 clove garlic

1/2 teaspoon coriander

cayenne to taste (if you like)

heaping 1/4 cup almond meal

heaping 1/4 cup flour

olive oil

[1] Remove stems and chop kale into very thin ribbons; sprinkle with sea salt and gently massage; let rest 15 minutes. The kale will turn a bright green and soften. Meanwhile in a food processor or blender combine the tomato, tahini or almond butter, garlic and coriander. If your tomato is not super juicy, add a tablespoon or two of water.

[2] In a large saucepan heat a little oil. Add the kale and sauté for a minute; then add 1/2 cup or so of water and cover loosely. Let cook 5 to 8 minutes (the fresher the kale the shorter the cook

time) until it's just wilting but not totally limp. Transfer kale (leave behind any remaining water in the pan) to large bowl. Meanwhile mix the almond meal and flour in a small bowl. If desired, you could add a little cayenne to this mix too.

[3] After it cools enough to handle, add 2/3 of the kale to the blender with the tomato mixture and blend. You don't want it to get too smooth; maybe pulse on and off for a minute or two. Transfer this blended mix back into the large bowl with the reserved kale and mix it all together, adding a couple tablespoons of the flour/almond meal mix too. You should be able to make patties from this mix that hold together fairly well. If too wet, add more flour/almond meal; if too dry, drizzle in some olive oil or water. Form six burgers and coat each burger in the remaining flour/almond meal.

[4] Heat a couple tablespoons of olive oil over medium heat in a non-stick frying pan. Cook each burger for 4 minutes on each side, adding more oil if need be. They will get a nice crunchy outside with a hot, tasty middle. Serve and enjoy.

These are great on a lightly toasted whole wheat bun with caramelized onions, or my favorite is on a fresh kaiser roll with onions as well as roasted red peppers and some baby greens mixed with a homemade goddess dressing. If you are not adverse to dairy, try the goat cheese. I could go on and on but just try it – tasting is believing!