



FOR A HEALTHIER, MORE COMFORTABLE NIGHT'S SLEEP™

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Veggie Burger Stack

Step One Ingredients:

1/2 recipe for veggie burgers (8 patties)
1 tablespoon of olive oil

Step Two Ingredients:

8 cups of baby greens
1/2 cup of shredded carrots
1 cup of fresh broccoli florets
2 avocados, halved, seeded and sliced
1 recipe of roasted corn and black bean salad
4 sprigs of fresh cilantro for garnish (optional)
1 recipe of avocado cilantro dressing



Step One Instructions:

Cook the veggie burgers in a nonstick skillet in the olive oil over medium heat until heated in the center and crispy and golden brown on the outside. Set aside, keeping warm.

Step Two Instructions:

Divide the baby greens evenly among four dinner plates. Sprinkle with the shredded carrots and broccoli florets. Top each plate of greens with one of the veggie burgers. Follow with 1/4 cup of roasted corn and black bean salad. Repeat with the remaining burgers and the corn and black bean salad. Top each stack with half of a sliced avocado and drizzle with the avocado cilantro dressing. Garnish with cilantro if desired. Serves 4.

No Significant GERD Triggers

Gluten Free

Entree