

Beet & Carrot Burgers

individually and freeze them for a quick and easy lunch or dinner. Just thaw them and throw them in the oven or microwave!

<u>U.S.</u>		<u>Metric</u>
2 each	Beets, medium, washed and peeled	164 g
4 each	Carrots, washed and peeled	200 g
1/2 each	Onion	55 g
2 each	Egg, lightly beaten	2 each
1 cup	Oats, old-fashioned	113 g
2 tsp	Sesame Oil	10 mL
1 Tbsp	Reduced Sodium Soy Sauce or Tamari	15 mL
1 Tbsp	Sesame Seeds (toasted, if preferred)	15 g
1/4 cup	Sunflower Seeds, toasted	59 g
1/2 tsp	Kosher Salt	2.5 g
1/4 cup	Whole Wheat Flour or Garbanzo Flour	59 g
2 tsp	Smoked Paprika	6 g
4 each	Whole Wheat Burger Bun	4 each
2 each	Tomato, globe	2 each
1 cup	Baby Spinach	113 g

Preparation:

1. Preheat oven to 350°F / 180°C. Lightly spray a baking sheet.
2. Using a box grater on the largest setting, grate the beets, carrots and onion into a large bowl.
3. Stir in the remaining ingredients and mix well. If too sticky, add more flour, 1 tablespoon at a time, until patties are easily formed.
4. Using your hands, shape the burgers into 8 patties. Make sure they are similar size and thickness so that they will cook evenly.
5. Place on the baking sheet and bake in the oven until they cook through, about 20 minutes. They should be slightly firm to the touch and lightly browned.
6. Serve these on a whole wheat bun or sandwich thin with spinach and tomato. Top with your favorite condiment. You can also place it on a salad.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 patty
Servings	8 (12 sliders)
Calories	180
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	4 mg
Sodium	200 mg
Carbohydrates	23 g
Dietary Fiber	5 g
Sugars	4 g
Protein	7 g
Vitamin A	510 %
Calcium	6 %
Vitamin C	24 %
Iron	13 %
Phosphorus	201 mg
