

Black-Eyed Pea and Zucchini Patties

Freeze individual patties by wrapping in plastic and thaw them out for a quick lunch or dinner!

<u>U.S.</u>		<u>Metric</u>
1 cup	Black-Eyed Peas (or any beans), cooked	113 g
1 cup	Brown Rice, cooked	113 g
1 cup	Summer Squash, grated large	113 g
1 each	Red Bell Pepper, chopped small	119 g
1 each	Shallot, chopped small	1 each
3 cloves	Garlic, minced	9 g
2 tsp	Soy Sauce	10 mL
1 1/2 cup	Bread Crumbs	188 g
1 tbsp	Smoked Paprika	9 g
1 tsp	Cumin	3 g
2 tsp	Coriander	6 g
1 tsp	Oregano, dried	3 g
1/2 tsp	Salt	2.5 g
To taste	Fresh Cracked Black Pepper	To taste
2 each	Egg	2 each
As needed	Pan Spray	As needed

Preparation:

1. Gather all the ingredients and equipment.
2. Pre-heat oven to 350°F / 180°C.
3. In a medium bowl, lightly mash the beans and rice together with a fork until thoroughly combined, leaving some beans chunky.
4. Fold in the remaining ingredients except for the egg until mixed well. (If mixture is too dry, add 1 tbsp of water. If it is too wet, add 1 tbsp of flour at a time.)
5. Divide mixture into six and form patties about ¼ inch thick and about 4 inches in diameter, trying to mimic the size of a regular hamburger. Set aside.
6. Heat a large sauté pan over high heat. Spray with cooking spray. Carefully place the patties into the pan in a single layer and allow to cook for about 3-5 minutes on each side, or until browned and
7. After searing the patties, transfer to a baking pan lined with parchment. Bake in the oven until firm. This will depend on the thickness, but will be around 10 minutes. Remove from oven.
8. Serve on top of salads, as a burger, or in a pita with lettuce and tomato and other toppings of your choice.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 burger with bun
Servings	5 burgers
Calories	474
Calories from Fat	70
Total Fat	7 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	75 mg
Sodium	562 mg
Carbohydrates	25 g
Dietary Fiber	6 g
Sugars	5 g
Protein	13 g
Vitamin A	182 %
Calcium	10 %
Vitamin C	59 %
Iron	0 %
Phosphorus	211 mg
