

Veggie Burgers

After you bake these burgers, you can wrap them individually and freeze them for a quick and easy lunch or dinner. Just thaw them and pop them in the oven or microwave!

<u>U.S.</u>		<u>Metric</u>
1 cup	Garbanzo Beans (Chickpeas), canned, drained	152 g
1 cup	Red Kidney or Black Beans, canned, drained	256 g
1 each	Yellow onion, ends cut off & peeled	1 each
1 each	Sweet potato, peeled	1 each
1 each	Zucchini, ends cut off	1 each
1 each	Bell Pepper, top & seeds removed	1 each
2 cloves	Garlic	2 cloves
2 Tbsp	Herbs, chopped (thyme, rosemary, basil, oregano, cilantro, or parsley)	7.2 g
1 Tbsp	Smoked Paprika	2.4 g
1/2 tsp	Kosher Salt	3 g
3 each	Eggs, lightly beaten	3 each
1 Tbsp	Reduced Sodium Soy Sauce	15.0 mL
2 tsp	Sesame Oil	10.0 mL
3/4 cup	Whole Wheat Bread Crumbs	84 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C). Lightly spray a baking sheet.
3. Combine the rice and water in a small saucepot over medium-high heat. Bring to a simmer, cover and cook approximately 40 minutes or until al dente.
4. Using a food processor with the grater attachment, grate the onion, sweet potato, zucchini, and bell pepper into a large bowl.
5. Process the rest of the ingredients in a food processor until well combined, but not pureed.
6. Scoop the mixture using a ½ cup measuring cup onto a baking sheet lined with parchment paper. Flatten and shape the patties to desired thickness.
7. Bake in the oven until they cook through, about 20 minutes. They should be slightly firm to the touch and lightly browned.
8. 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** 297**Servings** 53**Calories** 297

Calories from Fat 53

Total Fat 5.9 g

Saturated Fat 1.42 g

Trans Fat 0 g

Monounsaturated Fat 0.6 g

Cholesterol 33 mg

Sodium 446 mg

Carbohydrates 46 g

Dietary Fiber 7 g

Sugars 9 g

Protein 15 g

Vitamin A 255 %

Calcium 3 %

Vitamin C 12 %

Iron 9 %

Phosphorus 0 mg
