



Veggie Sliders

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 throw them in the oven or microwave!

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Brown Rice	92.5 g
1 cup	Water	236.58 mL
1 cup	Canned Beans (white, black, black-eyed peas, or chickpeas)	256 g
1 each	Yellow Onion, ends cut off & peeled	1 each
1 each	Sweet Potato, peeled	1 each
2 each	Zucchini, ends cut off	2 each
1 each	Bell Pepper, top & seeds removed	1 each
2 cloves	Garlic, minced	2 cloves
2 Tbsp	Herbs, chopped (suggestions: thyme, rosemary, basil, oregon, cilantro, or parsley)	7.2 g
2 tsp	Smoked Paprika	4.8 g
1/2 tsp	Kosher Salt	3.0 g
2 each	Eggs, lightly beaten	2 each
1 Tbsp	Soy Sauce, reduced sodium	15.0 mL
2 tsp	Sesame Oil	10.0 mL
1/4 cup	Whole Wheat or Garbanzo Flour	28.25 g
30 slices	Whole Wheat Sandwich Thins	30 slices

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 box grater on the largest setting, grate the onion, sweet potato, zucchini, and bell pepper into a large bowl.
5. Stir in the remaining ingredients and mix well. If too sticky, add more flour, 1 tablespoon at a time, until you can form patties.
6. Using your hands, shape the sliders into 15 patties. Make sure they are similar size and thickness so that they will cook evenly.
7. 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.
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****1 patty****Servings****15 sliders****Calories**

180

Calories from Fat

20

Total Fat

2 g

Saturated Fat

0.4 g

Trans Fat

0 g

Monounsaturated Fat

0.5 g

Cholesterol

22 mg

Sodium

235 mg

Carbohydrates

33 g

Dietary Fiber

5 g

Sugars

4 g

Protein

8 g

Vitamin A

444 %

Calcium

2 %

Vitamin C

1 %

Iron

4 %

Phosphorus

0 mg">
