



Rustic Veggie Patties

Spare yourself from additives and sodium – make your own veggie burgers!

Prep Time: 1.5 hours (mostly inactive)

Cooking time: 5 minutes

Equipment:

- Food Processor
- Roasting Pan
- Several bowls

What you need:

1 small roasting pan full of your favorite assorted fresh veggies

Olive oil, salt, pepper, and thyme

1 handful fresh spinach

½ can of chick peas

1 green onion

1 tsp cumin

1 package pre-cooked brown rice

1 cup Trader Joe's frozen "Soycotash", thawed

Panko breadcrumbs

To Prepare:

Preheat your oven to 400 degrees.

Be sure all your veggies are finely chopped before placing them into your roasting pan. Coat with olive oil and season liberally with salt, pepper, and thyme. Roast in the oven until soft, about 25-30 minutes, stirring once during cooking. Once finished, remove from oven and allow to cool to room temperature. Heat your rice to the packet directions, empty into a bowl, and allow to cool as well.

When everything is cooled, empty ¾ of the roasted veggies into the bowl of the food processor along with the chickpeas, green onion, spinach, cumin, and a pinch of salt and black pepper. Process until a thick and slightly chunky puree is formed. Move this mixture into a bowl. Fold in the remaining roasted veggies, the soycotash, and enough brown rice to form a dense, pliable mixture (you may not need the entire packet). Refrigerate this mixture for at least 30 minutes before making into patties.

When ready to eat, empty some panko breadcrumbs onto a plate. Form a patty (about ½ inch thick), press into the breadcrumbs on both sides, and place into a roaring hot skillet filled with a little bit of oil. Fry on both sides until deep brown and crispy. Yum.

Tips/Variations:

- Try any combination of veggies you like!
- Instead of patties, make little balls – instant falafel. Roll in panko and fry. Awesome.