Veggie Patties

This great alternative to beef patties provides fiber and protein to satisfy your appetite and keep you going strong.

Serves 6



Ingredients

- 1 cup cooked brown rice
- 1 cup seasonal vegetables, steamed
- 1 cup canned beans, drained and rinsed
- 1 tablespoon olive oil
- salt and pepper to taste

Nutrition Facts

Serving Size about 2 patties Servings Per Container 6

	Oontail		
Amount Per Sei	rving		
Calories 100) Ca	lories fro	m Fat 25
		% D	aily Value*
Total Fat 3g			5%
Saturated		0%	
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 16g			5%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 4g			
Vitamin A 30	0/.	Vitamin	C 8%
			C 0 /0
Calcium 2%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0	Less than Less than ate	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Directions

- 1. Combine all ingredients in a food processor and blend well.
- 2. Measure out ¼ cup of mixture and form into patties. Repeat until no mixture remains.
- 3. Heat a non-stick griddle or skillet to medium or about 350 degrees.
- 4. Add patties and brown on both sides until nice and crispy, about 5 minutes each side.
- 5. Enjoy alone or on whole wheat rolls with sliced cheese, lettuce and ketchup.

