

Veggie Burgers

Credit: Dianne Sullivan/Boston Children's Hospital Resource Mothers Book

1 Tbsp. olive oil
½ cup (75 gm) chopped onion
1 Tbsp. (6 gm) minced garlic
3 cups (241 gm) fresh mushrooms, trimmed and sliced
2/3 cup (75 gm) grated carrots
1 cup (150 gm) cooked rice
1 cup (63 gm) fresh lp bread crumbs
½ tsp salt
¼ tsp pepper
Egg Replacer mixed for 2 eggs

Heat oil in nonstick skillet over medium heat. Add onions and garlic. Saute until the onions are soft, about 3 minutes. Add mushrooms and carrots and cook for 3 more minutes. Remove pan from heat, add rice. Blend in food processor until mixture has a mealy consistency. Add bread crumbs, and mix well. Add seasonings and egg replacer. Shape into 10 (58 gm) patties and fry them in hot oil over medium-high heat so they brown quickly. Place on cookie sheet and bake for 25 minutes at 350. They freeze well, and reheat quickly!

46 phe per patty