## Nut and Seed Burger

## **Ingredients**

1 large onion

1 medium carrot

3/4 cup unsalted raw nuts (walnut, cashew, pecans or mix)

1/4 cup unsalted seeds (sunflower, pumpkin, sesame or mix)

1 cup rolled oats

2 Tbs ketchup

1 Tbs low-sodium soy sauce

1 egg

2 tsp garlic powder

1 tsp chili powder

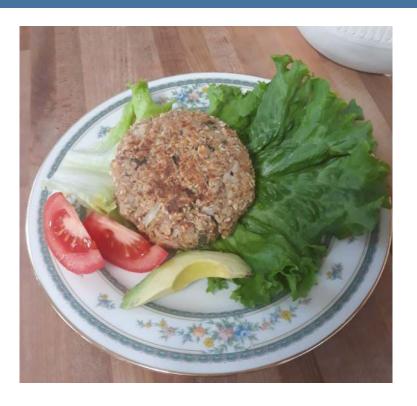
1/4 tsp black pepper

Oil for cooking

Yield: 6 burgers



Amber Phillips, MS, RD Registered Dietitian



Store bought veggie burgers can be full of food additives and sodium. This burger is high in dietary fiber, protein and heart-healthy plant fats. Serve on a bun, wrapped in a lettuce leaf or with mashed potatoes and steamed broccoli. This recipe is perfect to make ahead of time as the burgers can be frozen and pulled out for a quick weeknight meal.

## **Instructions:**

- 1. Grind onion and carrot in food processor. Add nuts, seeds and oats; pulse to chop-not too finely.
- 2. Add ketchup, soy sauce, egg and spices; pulse again.
- 3. Let rest for 10 minutes then shape into patties.
- 4. Heat oil in large non-stick pan over medium heat. When oil is hot, add burgers.
- 5. Cook for 5 minutes on first side. Carefully flip and cook an additional 3-4 minutes, lowering heat if necessary.

Tip: Grill on pan or BBQ mat to avoid burger breaking apart.

