

Veggie Burger-
Fasno special

1 C cooked quinoa

3 T ground flax seed

1 C grated carrot and sweet potato

1/3 C cilantro

2 cloves garlic minced

1 small shallot minced

1/2 C sunflower seeds

3/4 C oats processed into flour

2 T soya sauce

1 tsp chili powder

1 tsp oregano

1 tsp cumin

1 1/2 tsp salt

1 tsp pepper

Soak flax seeds in 1/3 C of warm water u till thickened

In large bowl mash beans into a paste leaving a few intact for texture

Stir in the rest of ingredients and the flax seeds

With slightly wet hands shape the dough into patties- about 8 (not too thick or they tend to fall apart).

Bake at 350 F on parchment lined or oiled cookie sheet; 15 minutes on each side till firm.

Note: I find veggie patties hold together better if given some time to set in fridge.(20 minutes is good or over night).

Re-heating in a pan will crisp them up.

Enjoy with a bun and the usually hamburger fixings or with a lettuce wrap or crumble on top of a salad

Experiment with the seasonings, adjusting as you like.