

SUPER AMAZING VEGETABLE PATTIES

Makes Twelve, 2-Inch Patties

Vegan 

Combining protein rich lentils, brown rice and almonds with liver loving beets, antioxidant carrots and seasonings makes this HD's most popular patty. Using left over rice and lentils makes preparation super-fast! Serve with sliced tomatoes and top with Beet Romesco Dip (pg. 245).

½ cup	red lentils, cooked in ¾ cup water with ½ tsp turmeric
1 cup	sweet potato, steamed & mashed
2 cups	short grain brown rice, cooked
½ cup	almonds, ground & toasted
1 cup	carrots, grated
1 cup	beets, grated
1 tbsp	olive oil
1 cup	onions, chopped
2 tbsp	tamari
¼ cup	nutritional yeast
1 tsp	garlic powder
1 tsp	sea salt
½ tsp	fresh ground pepper
1½ tbsp	dried dill or 3 tbsp fresh
½ cup	oats

Pre-heat oven to 350° F and lightly oil a baking sheet. In a skillet over medium heat sauté the onion in olive oil until golden. Combine all ingredients in a large bowl until well mixed. Taste and adjust seasonings. Let mixture sit for 30 minutes to allow flavours to combine.

Shape into small 2 inch patties and bake for 30 minutes turning once.