

As part of the Riding Mountain Biosphere Reserve's

“At the Farm Gate”....

*Fall Harvest*



# MARKET



Regional and Local Goods, Arts, Farm Produce and Baked Goods

## Chef Rob's Garden Patties



Two spatulas or egg lifters will help you carefully turn these tasty, low-fat patties on the grill without them breaking. For more calcium, add 2/3 cup sharp cheddar cheese to the mixture before forming the patties.

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|------------------|---|
| 2                | large eggs, fork beaten                                 |
| 2 cups (500 ml)  | cooked green (or red lentils), drained                  |
| 2 cups (500 ml)  | grated zucchini (with peel)                             |
| 2/3 cup (150 ml) | fine dry bread crumbs or Panko crumbs                   |
| 1/3 cup (75 ml)  | finely chopped green or red pepper                      |
| 1/3 cup (75 ml)  | finely grated carrot                                    |
| 2 tbsp. (30 ml)  | finely chopped fresh basil (or 1 1/2 tsp (7 ml) dried)) |
| 2 tbsp (30 ml)   | finely chopped onion                                    |
| 1                | garlic clove, minced (or 1/4 tsp (1 ml) powder)         |
| 1/2 tsp (2 ml)   | seasoned salt   |
|                  | Generous sprinkle of pepper                             |



Combine all 11 ingredients in medium bowl. Divide into 6 equal portions. Shape into patties. Preheat electric grill for 5 minutes. Cook on greased grill for 8 minutes. Turn carefully. Cook for 5 to 8 minutes until firm and hot.



Additional toppings can be incorporated during the last minute of cooking such as sharp cheddar or blue cheese. Sautéed mushrooms, cooked bacon strips or thin slices of sautéed smoked garlic sausage. These also taste great with a slather of hummus and a dab of wild high bush cranberry jelly.

Makes 6 patties for regular size burger buns or 12 patties for slider size buns

### Nutritional Information

1 patty – 170 calories: 2.6 g total fat; 27 g carbohydrate; 4 g fibre; 11 g protein; 398 mg

This recipe was demonstrated by Executive Chef Rob Hume of the Elkhorn Resort.

