



Quarter Pounder Beet Burger (vegan)

Ingredients

1 large	onion, diced
2 cloves	fresh garlic, minced
2 cups	brown rice, cooked
1 medium	beet, shredded
2 cups	quick oats
1 cup	finely chopped pecans
2 medium	sweet potato, cooked & diced
1 tablespoon	McKay's Chicken Seasoning
1 teaspoon	parsley, fresh or dried
¼ teaspoon	cayenne pepper
2 tablespoons	lemon juice, fresh
1 tablespoon	Worcestershire sauce
¼ cup	ketchup



Directions

Spray a medium-sized skillet with non-stick cooking spray. Saute garlic and onion over medium heat until onion is clear. Pour into large mixing bowl. Add remaining ingredients. Form into patties, and place on a baking sheet that has been sprayed with non-stick cooking spray. Spray tops of patties as well. Bake at 400 for 15 minutes. Spray tops of patties before flipping. Flip and bake for an additional 15 minutes.

Yield: 8, 4" burgers