

Veggie Burgers

Makes: 6 Servings

Vegetarian burgers can be made ahead of time and stored in the freezer. They can be served any time. To add some spice, top with salsa.

Ingredients

- 1 can** low-sodium whole kernel corn (about 15 ounces)
- 1/2 cup** cornmeal
- 1/2 cup** onion (finely chopped)
- 1/2 cup** green pepper (finely chopped)
- 1/2 cup** white rice (cooked)
- 1/4 teaspoon** chili powder
- 1/4 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1 teaspoon** cayenne or jalapeño chilies (seeds removed and finely chopped, optional)
- nonstick cooking spray
- 6** flour tortillas (6-inch size)

Directions

1. In a large bowl, combine corn and cornmeal.
2. Add onions, green pepper, rice, chili powder, and pepper. If using cayenne and jalapeño chilies, add them too. Mix well.
3. Form the burger mixture into 6 equal patties about 1/2 inch thick, and refrigerate for 1 hour.
4. Preheat the oven to 350 degrees F.
5. Spray both sides of the patties with nonstick cooking spray.
6. In a large pan, brown both sides of the patties over medium to high heat for 5 to 8 minutes.
7. Bake the patties in the oven for 10 minutes.
8. Toast the flour tortillas in the oven for 8 minutes.
9. Place patty on half of tortilla and fold tortilla over to



serve like a taco.

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