

Veggie Burger

Recipe courtesy of Cathy Lowe

3 tbsps. Olive oil
¾ cup fresh corn kernels or frozen, thawed
6 mushrooms, finely chopped
2 scallions, finely chopped
½ red bell pepper, finely chopped
1 clove garlic, finely chopped
1 teaspoon cumin
Dash of cayenne pepper
½ cup chopped fresh spinach
1 carrot, peeled and grated
1 small potato, peeled and grated
1 egg white
Salt and pepper
½ cup fresh breadcrumbs
1 cup plain yogurt
2 tablespoons chopped fresh mint

In a large skillet, heat 1 tablespoon oil over medium high heat. Stir in corn, mushrooms, scallions and bell pepper. Cook for 3 to 4 minutes. Add garlic, cumin and cayenne and cook for 30 seconds. Remove from heat and stir in spinach. Add carrot and potato and stir to combine. Add egg white and season with salt and pepper. Stir in enough bread crumbs so that the mixture holds together. Shape mixture into 6 disks and plate on plate. Chill for one hour.

Heat 2 tablespoons olive oil in non-stick skillet and cook veggie burgers until golden on each side. In small bowl, mix together yogurt and mint.

Yield 6 burgers, serves 2 to 3