

Pumpkin Veggie Burger



Ingredients:

- 1/2 cup pumpkin puree
- 1 14-ounce can white beans rinsed and drained
- 1 cup rolled oats
- 1/2 cup diced red onion
- 1 teaspoon salt
- 2 teaspoons cumin
- Dressings used for burgers, lettuce, tomatoes, avocado, mustard (optional)
- 4 burger buns
- Cooking spray

Directions:

1. Preheat oven to 325 F. Spray a baking sheet with cooking spray.
2. In a food processor or blender place the oats, 1/2 of the white beans, red onions, pumpkin puree, salt, and cumin.
3. Pulse the food processor or blender until all ingredients are combined. Add the remaining beans and pulse 2 -3 more times.
4. Pour the blended pumpkin mixture into a bowl. Form the mixture into four patties. You may need to wet your hands to keep the mixture from sticking while you make the patties.
5. Place the patties on the baking sheet. Place in the oven for 20 minutes, and then flip the patties and cook until crisp on the outside, about 20 more minutes.
6. Serve with the dressings used for burgers.

Makes 6 servings



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