

Veggie (Pecan) Burgers

We serve these burgers as a vegetarian option at our summer barbecues by the lake.



Use a cast iron fry pan on the barbecue — they don't cook well on an open grill. Serve with a house-made toasted bun with hummus and the regular garnishes. These burgers can also be cooked over the stove on moderate heat, using a cast iron or non-stick pan. They keep well in the freezer.

Ingredients

1 T	olive oil
1	chopped onion
1 T	finely chopped garlic - about 3 cloves
1/2 lb	sliced cremini mushrooms (about 8-10)
1/2 c	toasted pecan halves
1 c	cooked brown basmati rice
1 c	grated carrots
1 c	multigrain breadcrumbs (about 3 slices)
Pinch	salt and freshly ground black pepper to taste
1	lightly beaten large egg
1 T	chopped fresh parsley
1 T	garlic olive oil

METHOD:

- Lightly oil a cast iron fry pan and set aside.
- Heat oil in a non stick skillet over moderate (medium low) heat until hot.
- Add onions and garlic - sauté until onions are soft — about 3 minutes.
- Add mushrooms - sauté until they are dry— about 5 more minutes.
- Remove pan from heat.
- In a food processor coarsely chop the pecans.
- Add the rice, carrots and the sautéed onion mixture.
- Pulse a few times until mixture has a mealy consistency and transfer it to a large bowl.
- Add the breadcrumbs and mix well.
- Season with salt and pepper.
- Stir in the egg.
- Shape the mixture into 6 patties.
- Grill on a lightly oiled cast iron fry pan on a barbecue grill — about 2 minutes per side, until golden brown.

Bon Appétit!