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**Veggie Burger**

Recipe Courtesy of Cathy Lowe

Prep Time:	1 hr 30 min	Level:	
Inactive Prep Time:	--	Serves:	
Cook Time:	25 min		6 burgers, serves 2-3

Ingredients

3 tablespoons olive oil
3/4 cup fresh corn kernels or frozen, thawed
6 mushrooms, finely chopped
2 scallions, finely chopped
1/2 red bell pepper, finely chopped
1 clove garlic, finely chopped
1 teaspoon cumin
Dash cayenne pepper
1/2 cup chopped fresh spinach
1 carrot, peeled and grated
1 small potato, peeled and grated
1 egg white
Salt and pepper
1/2 cup fresh bread crumbs
1 cup plain yogurt
2 tablespoons chopped fresh mint

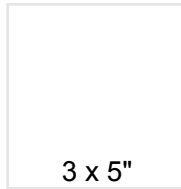
Directions

In a large skillet heat 1 tablespoon oil over medium high heat. Stir in corn, mushrooms, scallions, and bell pepper. Cook for 3-4 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 place on a plate. Chill for 1 hour.

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

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