

# FOOD & WINE

Inspiration served daily

## RECIPE



© Stephanie Foley

### Brown-Rice Veggie Burgers

Contributed by **Grace Parisi**

ACTIVE:

TOTAL TIME: 30 MIN

SERVINGS: 4



Recipe Tips from F&W Editors

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FAST HEALTHY VEGETARIAN

## INGREDIENTS

1 packed cup cooked brown rice (8 1/2 ounces), warmed

1/2 cup shredded Monterey Jack cheese

1 chipotle in adobo

Kosher salt

1 large poblano chile (about 5 ounces), seeded and finely chopped

2 scallions, thinly sliced

1/2 cup frozen peas, thawed

1/4 cup salted roasted pumpkin seeds (pepitas)

Vegetable oil, for brushing

Warmed pocket pitas, lettuce, tomato slices, sour cream and salsa, for serving

## DIRECTIONS

1. In a food processor, pulse three-fourths of the rice with the cheese, chipotle and 1 teaspoon of salt until slightly pasty. Add the poblano, scallions, peas and pumpkin seeds and pulse until the vegetables are coarsely chopped. Transfer the mixture to a bowl and knead in the remaining rice. Using moistened hands, form the mixture into four 4-inch patties, about 3/4 inch thick, pressing to compact.
2. Preheat a grill pan or nonstick skillet. Brush the burgers with oil and grill over moderate heat until golden and crusty, about 5 minutes. Carefully flip them and grill until heated through and golden, about 5 minutes longer. Stuff the burgers into the pitas with lettuce, tomato slices, sour cream and salsa.

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