

Veggie Burgers

6 servings

Ingredients:

- 1 can low-sodium whole kernel corn (about 15 ounces)
- 1/2 cup cornmeal
- 1/2 cup onion (finely chopped)
- 1/2 cup green pepper (finely chopped)
- 1/2 cup white rice (cooked)
- 1/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon cayenne or jalapeño chilies (seeds removed and finely chopped, optional)
- nonstick cooking spray
- 6 flour tortillas (6-inch size)



Directions:

1. In a large bowl, combine corn and cornmeal.
2. Add onions, green pepper, rice, chili powder, and pepper. If using cayenne and jalapeño chilies, add them too. Mix well.
3. Form the burger mixture into 6 equal patties about 1/2 inch thick, and refrigerate for 1 hour.
4. Preheat the oven to 350 degrees F.
5. Spray both sides of the patties with nonstick cooking spray.
6. In a large pan, brown both sides of the patties over medium to high heat for 5 to 8 minutes.
7. Bake the patties in the oven for 10 minutes.
8. Toast the flour tortillas in the oven for 8 minutes.
9. Place patty on half of tortilla and fold tortilla over to serve like a taco.

Source: A Harvest of Recipes with USDA Foods

Nutrition Facts	
6 servings per container	
Serving size 1 serving (162g)	
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 148mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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