

UC-VEG

Umpqua Community Veg Education Group

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WALNUT BURGERS

Ingredients:

- 1 onion, chopped
- 2 stalks celery, chopped
- 2 C whole grain bread crumbs
- 2 C cooked brown rice
- 1 C chopped walnuts
- 1T dried parsley
- 2T whole wheat flour
- 1 C cashew milk (blend 1/3 C cashews and 3/4 C water until smooth)
- 1/4 C Bragg's liquid aminos

Lightly sauté onion and celery until tender. Mix bread crumbs, rice, walnuts, parsley and whole wheat flour together in a large mixing bowl. Blend cashew milk and Bragg's liquid aminos. Add liquids to dry ingredients and mix well. Spray a baking sheet with non-stick spray. Shape patties using a canning jar ring as a mold to make evenly shaped burgers. Bake at 350° for about 25 to 30 minutes until brown on the bottom, turn and bake 10 to 15 more minutes. Burgers should be nicely browned on both sides. Burgers freeze well for easy lunches.

Makes approximately 12 burgers

For a delicious Walnut Loaf, this mixture can be pressed into an 8" x 8" dish and baked.

1 Burger: 153 calories; 9 grams fat; 257 sodium; 14 carbs; 2 grams fiber; 1 gram sugar; 5 grams protein

Recipe Credit to Vegan Homestyle by Kay Hansen