

The Best Veggie Burger with Spicy Guacamole

Ingredients *6-8 burgers*

Veggie Burger

12 oz	Extra firm tofu
1 cup	panko bread crumbs
1 tbl	Olive oil
1 cup	broccoli, chopped fine
1 cup	carrot, chopped fine
½ cup	red pepper, chopped fine
½ cup	red onion, chopped fine
1 tsp	garlic, minced
2 tbl	mustard
2 each	eggs, beaten
2 tbl	low fat mayonnaise

Guacamole

1 each	Avocado, mashed
1 tbl	Lemon juice, fresh
1 tsp	Cilantro, chopped
2 tbl	Low fat mayonnaise
1 tsp	Jalapeno, minced

Method

- Preheat oven to 425°
- Finely crumble tofu and squeeze out excess water, set aside
- Heat large sauté pan, add olive oil, broccoli, carrot, pepper, onion and garlic. Sauté at high heat until just tender, do not overcook , set aside to cool
- In large bowl combine tofu, cooked vegetables, eggs, mustard, mayonnaise and tighten with breadcrumbs
- Season lightly with salt and pepper and adjust consistency
- Form into patties
- Spray baking sheet with non stick spray and place burgers
- Bake for approximately 20 minutes until they are firm to touch and lightly browned
- Combine ingredients for guacamole and mix well
- Serve on a bun with lettuce, tomato and guacamole

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