



## NUTRITION EDUCATION TEAM RECIPE CARDS

# VEGGIE BURGER



**SERVING** 8  
**SIZE**

### INGREDIENTS



1 cup  
shredded  
carrots  
(1 to 1.5  
carrots)



1 cup  
shredded  
zucchini



1 cup  
shredded  
potatoes



½ cup thinly  
sliced onion



2 Tablespoons  
chopped  
parsley



2 eggs



1 cup  
breadcrumbs



1 teaspoon  
salt



¼ teaspoon  
pepper



1 tablespoon  
oil

## EQUIPMENT:

- Veggie shredder,
- cheese grater,
- veggie spiral,
- veggie peeler,
- or any tool to shred veggies
- Cutting Board
- Chefs Knife
- Spatula
- Bowl
- Skillet or stove top

## FUN FACT, NOTES, HEALTH BENEFITS:

- If you don't have a way to shred veggies, buy them pre-shredded in the frozen isle
- Add cheese like feta to add a serving of dairy to the recipe
- Be careful when shredding veggies, use a knife safe glove for extra protection
- Refrigerate within 2 hours
- Top with sour cream or yogurt or eat with a bun.



### 1 PREP

Gather, shred, and chop ingredients.



### 2 MEASURE

Measure out ingredients.



### 3 COMBINED

Combined all ingredients except the oil, save that for the pan.



### 4 MIX

Combined ingredients together in a bowl.



### 5 PORTION

Portion out patties in a one cup measuring cup.



### 6 SHAPE

Shape into burgers.



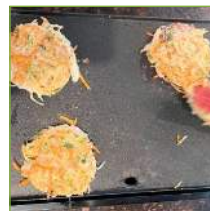
### 7 GREASE

Heat up frying pan and grease right before cooking.



### 8 COOK

Place patties on skillet, turn heat to medium high.



### 9 FLIP

Cook for 8 mins on each side and flip, cook until golden.



### 10 ENJOY

Serve and enjoy!