



Omega-3 Power Veggie Patties

Ingredients:

- 1-2 white onions (0.5 lb.), diced
- 1 can (15 oz) *Redi Burger*
- 3 cups walnuts, chopped
- 1 to 2 cups whole wheat breadcrumbs
- 1 teaspoon garlic powder
- 3 tablespoons soy sauce (or to taste)
- 1 block (14 -16 oz) firm tofu, pressed and drained
- 1 bunch parsley (leaves only)



LOW IN SATURATED FAT, CARB, AND POTASSIUM.
NO CHOLESTEROL OR ADDED SUGARS,
GOOD SOURCE OF PROTEIN

Nutrition Facts	
25 servings per container	
Serving size	1 Patty (79g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 126mg	2%
<small>*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.</small>	

Directions:

1. Heat up a skillet over medium-high heat for 2 minutes. Add the diced onions and cook until soft and lightly browned, stirring occasionally. Set aside.
2. In a food processor, blend tofu, soy sauce, and garlic powder until smooth. Add parsley and pulse until preferred texture. Transfer to a large bowl.
3. Add walnuts, Redi Burger, and onions. Mix well.
4. Add breadcrumbs gradually until mixture holds together without being dry.
5. Preheat oven to 350°F.
6. Form patties and place on parchment-lined baking sheets.
7. Bake 30 minutes, flipping at 20 minutes.

Storage: store leftovers in the refrigerator for up to a week in an airtight container or freeze up to three months, separating patties with parchment paper.

Adapted from a recipe by Dr. Bert Connel.

Maggie Collins, Dietitian