

## Next Day Rice (or other grain) Patties (adapted)

Recipe from *The Everyday Vegan* by Dreena Burton.

2 whole	bulbs roasted garlic
2 cups	rice (can use quinoa)
3/4 cups	green onion, chopped
1/2 cup	bell pepper, finely chopped (any color)
1/4 cup	chopped fresh spinach
2 tbsp.	tahini
1 tbsp.	hoisin sauce
1 tbsp.	rice vinegar
1/4 tsp.	chili powder
few pinches	salt
	fresh ground pepper, to taste
2-3 tbsp.	fresh chopped parsley
1-2 tbsp.	whole wheat (or other grain) flour
1/4 - 1/2 cup	coarse flour (Kamut)

1. In a large bowl, squeeze roasted garlic out of bulbs and mash a bit.
2. Add remaining ingredients up to flour. and mix well.
- 3 To firm up the mixture, add some of the flour. Scoop out mixture and form into balls or patties. For a crispier coating, use the coarse flour to coat patties on each side before frying.
4. In a skillet lightly coated with oil, fry patties over medium heat for 6-7 min. on each side until lightly browned.

Makes 5-6 patties.  
188 calories,  
3.6 fat, 4.1 fibre,  
5.5 protein

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# Shopping List

Next Day Rice Patties

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
garlic	2 whole	_____
rice (can use quinoa)	2 cups	_____
green onion	3/4 cups	_____
bell pepper (any color)	1/2 cup	_____
spinach	1/4 cup	_____
tahini	2 tbsp.	_____
hoisin sauce	1 tbsp.	_____
rice vinegar	1 tbsp.	_____
chili powder	1/4 tsp.	_____
salt	few pinches	_____
fresh ground pepper		_____
parsley	2-3 tbsp.	_____
whole wheat flour	1-2 tbsp.	_____
coarse flour (Kamut)	1/4 - 1/2 cup	_____

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## Honest Weight Food Co-op

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