

# Vegetable Burgers



Recipe makes: 8 burgers  
Prep time: 15 minutes  
Cook time: 10 minutes

## Ingredients

- 1 large zucchini, chopped
- 1 medium carrot, peeled and chopped
- 1 small onion, peeled and chopped
- 1 cup sweet potato, peeled and diced
- 1 Tbsp fresh parsley, chopped
- 2 tsp dried mixed herbs
- Salt to taste
- Black pepper to taste
- 1 3/4 cups (200 g) low protein baking mix, divided
- 2 Tbsp olive oil, divided

## Directions

- 1 Place vegetables into a food processor and pulse until finely grated and combined.
- 2 Place vegetables into a mixing bowl with herbs, salt and pepper. Stir to combine.
- 3 Add 1/2 of the low protein baking mix to the vegetables, stir to combine. Add remaining low protein baking mix; gently stirring until it is well combined with the vegetables.
- 4 Dust hands with a little of the low protein baking mix. Gently take the vegetable mixture out of the bowl and shape into a large ball. Cut in half, and then quarter each half. You will now have 8 even-sized portions.
- 5 Heat 1 Tbsp of oil in a medium-sized non-stick frying pan. Take one of the vegetable portions; roll it into a ball, slightly flatten, and place into the pan. Repeat with 3 more portions. Cook for 2–3 minutes; until golden brown. Flip each, cooking the other side for 2–3 minutes. Remove vegetable patties from pan and repeat with the remaining uncooked vegetable portions.

**Nutrition Info Per Serving (1 vegetable burger):**  
Calories: 160 | Protein: 1.3 g | Phenylalanine: 50 mg

Please check the suitability of this recipe for you with your healthcare professional.

Metabolic Pro database was used for the nutrition analysis.

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