Baked Beet and Carrot Burgers*

Makes 12 Patties

Ingredients

- butter for greasing the baking sheet
- ½ cup sesame seeds
- 1 cup sunflower seeds
- 2 cups peeled, grated beets (1-2 medium beets)
- 2 cups grated carrots
- ½ cup minced onion (about 1 medium onion)
- 2 eggs, lightly beaten
- 1 cup cooked brown rice
- 1 cup grated cheddar cheese
- ½ cup vegetable oil
- ½ cup finely chopped fresh parsley
- 3 Tbsp flour
- 2 Tbsp soy sauce or tamari
- 1 clove garlic, minced or pressed (about ½ tsp)
- ⅛ - ¼ tsp cayenne pepper

Directions

- Preheat the oven to 350. Lightly coat a baking sheet with butter.
- Place a small, heavy skillet over medium heat. Add sesame seeds and stir them in the dry skillet until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately remove from heat and transfer the toasted seeds to a dish to cool.
- Repeat this process with sunflower seeds.
- Combine beets, carrots, and onion in a large bowl. Stir in the toasted sunflower and sesame seeds, eggs, rice, cheddar cheese, oil, flour, parsley, soy sauce or tamari and garlic (your hands work best here). Add cayenne and mix until thoroughly combined.
- Using your hands, shape mixture into 12 patties and arrange them in rows on baking sheet.
- Bake patties until brown around the edges, about 20 minutes. Unless they are very large and thick, it should not be necessary to turn them.

*Farmer John's Cookbook: The Real Dirt on Vegetables; Seasonal Recipes and Stories from a Community Supported Farm, Farmer John Peterson and Angelic Organics