Beet Burgers
From – From Asparagus to Zucchini

2 cups grated beets
2 cups grated carrots
½ cup grated onions
1 cup cooked rice
1 cup toasted sunflower seeds
½ cup toasted sesame seeds
2 eggs, beaten
2 Tbsp soy sauce
1 cup grated cheddar cheese
3 Tbsp flour
¼ cup oil
minced fresh or dried garlic, cayenne and fresh or dried parsley to taste

- Toast sunflower and sesame seeds in dry skillet or hot oven several minutes, tossing often.
- Mix ingredients, form into patties and bake at 350 degrees.
- Unless parries are very large, it should not be necessary to turn them.

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