



Crunchy Brocco Burger

Servings

4

Calories

170

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

- 1 cup Mann's Broccoli Cole Slaw®
- 1 cup rice, brown, cooked
- 1/3 cup kidney beans, drained
- 1/3 cup mushrooms, coarsely chopped
- 1/4 cup Parmesan cheese, grated
- 2 egg whites, beaten
- 2 teaspoons taco seasoning



The Method

Preheat oven to 500° F. In blender or food processor, combine Mann's Broccoli Cole Slaw®, cooked brown rice, kidney beans, mushrooms, Parmesan cheese, egg whites and taco seasoning.

Process, scraping down the sides of the bowl with a rubber spatula until all ingredients are finely chopped and well blended. Form mixture into 4 equal patties and place on a lightly oiled baking sheet.

Bake until patties are firm and brown on the edges, about 10 minutes. Alternatively, patties can be pan-fried in a skillet for 3-4 minutes per side. Serve on crusty bun, garnish with lettuce and tomato.

Nutrition Facts

Serving Size: 221g | Servings: 4

Amount Per Serving

Calories 170 | Calories from Fat 30 | Total Fat 3g (sat 1g trans 0g) | Cholesterol 5mg | Sodium 400mg | Total Carbohydrate 22g | Dietary Fiber 4g | Sugars 3g | Protein 15g | Vitamin A 30% | Vitamin C 80% | Iron 6% | Calcium 6%