

BROWN RICE PATTIES

Prep Time: 8 minutes

Cook Time: 10 minutes

Included in Box:

- 2 ½ c. brown rice, cooked
- 2 Tbsp oats, uncooked
- 1 (15 oz) can no salt mixed vegetables, drained and rinsed

Additional Ingredients Needed:

- 1 egg, beaten
- 1 small onion (~½ c.), diced
- 1 T garlic powder
- ½ tsp ground cumin

Directions:

1. Combine brown rice, dry oats, mixed vegetables, onion and garlic powder together in large bowl.
2. Pour beaten egg over ingredients; stir to combine mixture.
3. Divide the mixture into 4 equal portions, roll into balls and flatten into patties.
4. Cook patties in skillet over medium heat until brown (4-5 minutes per side).

Tip: Serve with low sodium ketchup or mustard for extra flavor!



Nutrition Facts*

Total Servings: 4
Serving Size: 1 patty
Calories: 219 kcal
Fat: 2 g
Sodium: 28 mg
Carbohydrates: 42 g
Fiber: 6 g
Protein: 7 g
Carbohydrate Servings: 3

**Nutrient facts include medium grain cooked brown rice, dry instant oats, large brown egg, small white onion, and spices.*