

# 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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