

Omega-3 Power Veggie Patties

Ingredients:

- 1-2 white onions (0.5 lb), diced
- 1 cup vegetable broth
- 1 can Redi-burger
- 3 cups walnuts, chopped
- 1-2 cups whole wheat bread crumbs
- 1 teaspoon garlic powder
- 3 tablespoons soy sauce
- 1 block firm tofu, liquid drained
- 1 bunch of cilantro



Instructions:

1. Add the broth and onion to a large pan over medium heat. Cook for about 6-7 minutes until onion is tender, and the broth has evaporated.
2. Add the tofu, the soy sauce, and the garlic powder to the food processor and mix until smooth. Add the cilantro leaves and pulse to the desired size of the cilantro. Add this mixture to the bowl and using a large spoon combine with the chopped walnuts and the sautéed onions.
3. Add the breadcrumbs little by little and mix with your hands. Make sure the mixture don't get too dry, and all the ingredients are binding together so you can shape the patties.
4. Pre-heat oven to 350 F.
5. Form the patties with your hands and place them on a large baking sheet lined with parchment paper or a silicon baking mat. You will need two baking sheets.
6. Bake for 30 minutes, flipping the patties at around 20 minutes.
7. Store in the refrigerator for up to a week in an airtight container or in ziplocs. If you don't anticipate to consume all the patties in a week, freeze part of it.



Nutrition Facts	
25 servings per container	
Serving size	1 Patty (79g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	
Protein 9g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 126mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Modified by Maggie Carneiro from a recipe from Dr. Bert Connel