Beet and Feta Burgers

Serves 6-8

Ingredients

- 3 cup grated beets
- 1 onion
- 2 garlic cloves
- 2 Tbsp olive oil
- 2 eggs
- 1 ½ cups rolled oats
- 7 oz feta cheese
- 1 handful fresh basil
- 1 pinch kosher salt and black pepper
- 2 Tbsp olive oil

Preparation

Peel and grate beets, onion, and garlic on a box grater or use a food processor with the grating blades attached. Place the grated vegetables in a large mixing bowl. Add olive oil, eggs, and rolled oats and mix everything well. Add feta, basil, salt, and pepper and stir to combine. Set aside for about 30 minutes, so the oats can soak up the liquid and the mixture sets (this step is important for the patties to hold together). Try shaping a patty with your hands. If the mixture is too loose, add some more oats. Form 6 to 8 patties with your hands. Grill the burgers a couple of minutes on each side – or sear them in a frying pan by heating a bit of olive oil and searing on both sides until golden on both sides. Serve with grilled sourdough bread and toppings of your choice (lettuce, cabbage, mango, avocado, tomatoes, sprouts, onions).

Calories 240, Total Fat 13g, Sat Fat 5g, Sodium 380mg, Carbohydrates 21g, Fiber 4g, Sugars 5g, Protein 10g

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