

George Foreman

Great Tasting Healthier Food In Minutes

Santa fè veggie burgers



ideal for vegetarians



quick & easy snacks



serves 4 people



10 MINS cooking time



great for kids

"great tasting healthier food in minutes!"

You will need:

- 1 cup steamed white rice cooked & cooled
- ½ cup of corn kernels
- 1 finely chopped green pepper
- ½ finely chopped white onion
- 1 tsp black pepper coarsely ground
- 1 tsp lemon juice
- 1 tsp chilli powder
- 4 wholegrain hamburger buns
- non fat cooking spray

To make:

In the bowl of a food processor, combine the rice, corn, green pepper, onion, black pepper, juice & chilli powder. Shape the vegetable-rice mixture into 4 patties and refrigerate for 2 hours.

Place the patties on a pre heated grill for 6-7 minutes or until well browned. Place the patties in the hamburger buns & top with your choice of accompaniments.