



## Farro Veggie Burgers



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| ½ cup farro or spelt                                     | 2 teaspoons grated ginger              |
| 1½ cups water  | ¼ teaspoon salt                        |
| 3 medium potatoes (about ¾ pounds), peeled and quartered | ¼ teaspoon black pepper                |
| 1 tablespoon canola oil                                  | 2 tablespoons ground almonds           |
| ¾ cup scallions, finely chopped                          | ½ cup Panko bread crumbs               |
| 1 cup grated carrots                                     | 1 to 2 tablespoons canola or olive oil |
|  | 8 whole wheat buns                     |
|  | Ketchup and mustard (optional)         |

**1.** Add farro and 1½ cups water to a 1- or 2-quart saucepan. Bring to a boil. Reduce heat, partially cover with lid and cook 25 to 30 minutes until water is absorbed and farro is soft. Cool to room temperature. Fluff with fork. (If using spelt, use 2 cups of water and cook until tender.)

**2.** Meanwhile, bring large pot of water to a boil; add potatoes. Cool and mash boiled potatoes. Set aside.

**3.** Heat 1 tablespoon oil in small skillet over medium-high heat. Add scallions and cook 1 minute. Add carrots and ginger. Cover and cook 2 to 3 minutes, until carrots are tender. Remove from heat, transfer to plate and cool completely.

**4.** Add mashed potatoes, carrot mixture and farro to large bowl. Add salt, pepper and almonds. Mix well with hands. (The mixture should come together as soft dough.) Lightly oil palms of your hand and divide mixture into 8 (3-inch) round patties.

**5.** Place Panko crumbs on plate. Roll each patty in

Panko and set aside.

**6.** Heat large nonstick skillet to medium heat. Add about 1 tablespoon oil and 4 patties in single layer. Cook until pan side is golden brown. Turn patties over, add small amounts of remaining oil all around patties. Cook until golden brown. Transfer to serving dish. Cook remaining patties.

**7.** Lightly toast buns. Top each bun with 1 farro patty and serve with ketchup and mustard, if desired.

*Makes 8 servings*

**Note:** Farro is a whole grain and belongs to the wheat family. It's very close to spelt, and is rich in fiber, magnesium, and vitamins A, B, C, and E. It has a nutty flavor and a chewy bite. It can be used in place of rice in many dishes.

### Dietary Exchanges:

1 Fat, 3 Starch

**Calories 256, Total Fat 7g, Saturated Fat 1g, Protein 8g, Carbohydrate 45g, Cholesterol 0mg, Dietary Fiber 7g, Sodium 338mg**