

The title 'QUARANTINE PANTRY' is written in a bold, teal, sans-serif font, arched across the top. The word 'QUARANTINE' is on the top line and 'PANTRY' is on the bottom line. The letters are partially obscured by colorful illustrations of kitchen items: a purple spatula, a yellow grater, a brown frying pan, and a purple-handled knife.

# QUARANTINE PANTRY

## Veggie Burgers

### Ingredients:

- 2 cups peeled and grated beets**
- 2 cups peeled and grated carrots**
- ½ cup grated onion (about the size of 1 medium)**
- 1 cup cooked brown rice**
- 1 cup grated Cheddar cheese**
- 1 cup sunflower seeds**
- ½ cup sesame seeds**
- 2 large eggs, beaten**
- 3 Tbsp whole wheat flour (or more if your dough is wet)**
- ¼ cup olive oil**
- 3 Tbsp fresh parsley, chopped (sub with carrot greens)**
- 3 garlic cloves, finely chopped**
- 2 Tbsp soy sauce**
- Red pepper flakes**

### Directions:

- 1. Preheat oven to 350 degrees.**
- 2. Put the sunflower and sesame seeds in a sauté pan with a small amount of olive oil to “toast”. (can create a nice flavor)**
- 3. Grease a bake sheet.**
- 4. Combine all ingredients in a large bowl.**
- 5. Form the mixture into patties and bake for 25-30 minutes, or until firm.**