

Veggie Burgers

This recipe was discovered on the PKU List-serv by Laura Serghini.

1 Tablespoon Olive Oil
70 grams onion, chopped
3 cloves garlic, finely chopped (1 Tablespoon)
230 grams fresh mushrooms, trimmed and sliced
1 cup cooked low protein rice
90 grams grated carrots
1 cup crushed Rusks (or low protein bread crumbs*)
½ teaspoon salt
¼ teaspoon pepper
egg replacer to make 2 eggs

Heat oil in non-stick skillet. Add onions and garlic, sauté until onions are soft (about 3 minutes). Add mushrooms and sauté until they are slightly soft (about 3 more minutes). Remove pan from heat.

In a food processor (not a blender) combine rice, carrots, and the sautéed onion/garlic/mushroom mixture. Pulse a few times until the mixture has a mealy consistency and transfer it to a large bowl. Add Rusks and mix well. Season with salt and black pepper. Stir in egg replacer. Shape the mixture into 9 patties.

Coat frying pan with oil. Fry patties for 5 minutes per side. Place browned patties on a cookie sheet and bake at 350° F for 25 minutes.

Per recipe: 270 mg phe
Per patty: 30 mg phe

* if bread crumbs are substituted for Rusks, the amount of phe per patty will change

Ideas:

- Add cayenne pepper to make the patties spicy.
- Use 1-2 Tablespoons to make "meatballs."
- Freeze patties in an air-tight container. Reheat in microwave or on grill.



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Customize Your Veggie Burger...

Note: The patties we used in clinic today are ½ the size of the patties described in the recipe.

- Add the ingredients you like.
- Calculate the phe in your burger.

Ingredient	Amount	Mg phe	Amount you added	Mg phe you added
Veggie Burger	1 patty	15 mg phe		
Bread (low protein)	1 slice			
Ketchup	1 Tablespoon	7 mg phe		
Dill Pickle	2 slices	2 mg phe		
Sweet pickle relish	1 Tablespoon	2 mg phe		
Lettuce	1 leaf	1 mg phe		
Tomato	1 slice	2 mg phe		
Miracle Whip	1 Tablespoon	3 mg phe		
Salsa	1 Tablespoon	5 mg phe		
Your top-of-the-line, deluxe, customized sandwich....				mg phe

List some other delicious toppings:



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