

Tofu Burgers

Preparation time	20 minutes
Cooking time	20 minutes
Servings	9-10 burgers
Cost per serving	\$1.92
Storage	6 days in the fridge. Burgers and buns can be frozen separately.
Kitchen tools	Cutting board, sharp knife, measuring cups and spoons, vegetable peeler, grater, baking sheet, parchment paper (or oil), large bowl, wooden spoon



Ingredients



4 eggs



3 garlic cloves, peeled and minced



1 firm tofu block (454 g), grated



500 ml (2 cups) breadcrumbs



1 large or 2 small yellow onions, peeled and chopped

OR GRATED ZUCCHINI



250 ml (1 cup) carrots, grated (1 large or 2 small carrots)



500 ml (2 cups) grated cheddar cheese



30 ml (2 tbsp) soy sauce



Salt and pepper to taste

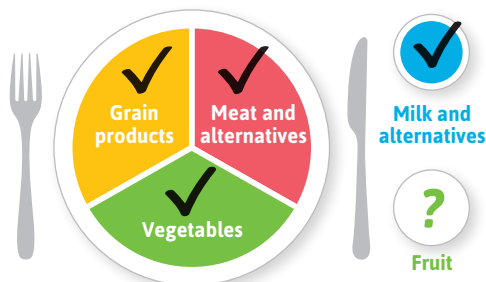


9-10 hamburger buns



Your choice of toppings

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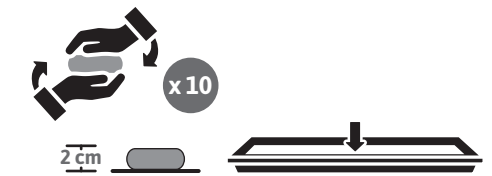
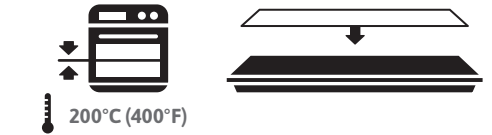
Balanced plate

Serve with:

- ? Vegetables (raw vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

Directions

- 1 Place oven rack in the middle position and preheat the oven to 200°C (400°F). Oil a baking sheet or cover with parchment paper.
- 2 In a large bowl, combine **all the ingredients** with a wooden spoon, except for the **hamburger buns**.
- 3 With your hands, make 9 or 10 patties about the size of your **hamburger buns** and about 2 cm thick. Place the patties on the baking sheet.
- 4 Bake for about 20 minutes, or until the patties are golden brown.
Tip: Use the cooking time to prepare your side dishes.
Variation: Patties can be cooked on the barbecue. Make sure to oil the grill thoroughly to keep them from sticking.
- 5 Serve in **hamburger buns** with your choice of toppings (mustard, ketchup, relish, pickles, lettuce, tomato, onion, etc.).



My rating: ★ ★ ★

Adapted from an original recipe developed by Alice Morel, standardized by Extensio – The Université de Montréal reference centre on human nutrition