

# Spinach Feta Burgers

## Ingredients:

- \* 2 (10-oz) packages frozen spinach
- \* 2 (4-oz) packages crumbled feta cheese
- \* 1 cup oatmeal
- \* 1 cup smashed Garbanzo beans
- \* 1/2 cup finely chopped walnuts
- \* 1 medium onion, diced
- \* 4 garlic cloves, minced
- \* 1 large egg, lightly beaten or eggbeaters
- \* 1/2 tsp salt
- \* 1 tsp ground black pepper
- \* 1/4 tsp ground red pepper
- \* 1 tsp olive oil



## Directions:

Cook spinach lightly & DRAIN well, pressing between layers of paper towels. Combine spinach, cheese, oatmeal, beans, walnuts and next 6 ingredients into 6-8 patties. Cover and chill for 30 minutes. Cook patties in hot oil in a nonstick skillet over medium heat for 5 minutes on each side; drain on paper towels.

*The key to shaping this mixture into patties is drying the spinach completely before adding the other ingredients.*