



Smart LifeStyle Recipes

By Najwa Medina

Vegeburger Patty

Servings: 12

Servings are 3 ounces

Vegetarian

1 ¼ pounds	Vegeburger, Vibrant Life
1/16 pound	Onion, yellow fresh, chopped
1/16 pound	Margarine
2/3 pound	Egg, frozen
1/8 tbsp.	Beef seasoning
1/8 tbsp.	Brewer's Yeast
1/8 tbsp.	Garlic powder
1/16 tbsp.	Salt
1/8 cup	Soy Sauce
5/8 pound	Bread crumbs

1. Sauté onion in margarine with all the seasonings
2. Mix into the vegeburger
3. Add eggs and bread crumbs
4. Mix well for 45 minutes
5. Use a #12 scoop to portion
6. Grill

Per Serving (excluding unknown items): 102 Calories; 3g Fat (25.7% calories from fat); 3g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 390 mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Vegetable; ½ Fat