

Half-and-Half Veggie Burgers



This recipe is ideal for individuals who are mindful of their meat consumption and wish to reduce it without eliminating it completely. By balancing your diet with more plant-based proteins, you can enjoy a delicious alternative to the classic burger while increasing your fiber intake and discovering new flavors.

Preparation 10 min

Cooking 12 min

Servings 7

Nutrition Facts (per serving)

Calories 200

Fat 8

Carbohydrates 10

Fibre 4

Protein 22

Sodium 270

Ingredients

- 1 large egg
- 454 g (1 lb) ground chicken or turkey
- 335 ml (1 ½ cups) textured vegetable protein (TVP)
- 60 ml (¼ cup) chili sauce or ketchup
- 15 ml (1 tbsp) milk (or broth of your choice)

- 15 ml (1 tbsp) Worcestershire sauce
- 2.5 ml (½ tsp) garlic powder (or 1 fresh garlic clove)
- 2.5 ml (½ tsp) onion powder
- 3-4 drops liquid smoke
- Pepper, to taste
- 10 ml (2 tsp) cooking oil

Preparation

1. In a large bowl, mix all the ingredients.
2. Shape the mixture into patties of approximately ½ cup each with your hands and place them on a clean plate.
3. Preheat a skillet over medium heat with a little oil. Add the patties, making sure they don't touch, and cook for about 5-6 minutes until they are golden brown on the bottom.
4. Flip the patties and continue cooking for an additional 4-5 minutes. Ensure that the center of the patties is cooked thoroughly before removing them from the skillet.

Note: You can also cook the patties on a barbecue. They are perfect for burgers or can be enjoyed on their own, served with potatoes and a summer vegetable salad.

Notes

Store in an airtight container in the refrigerator for 3-4 days or in the freezer for 2-3 months.



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