

Rocket Burger (Vegan)



Ingredients

1 medium	onion, quartered
¼ cup	soymilk
6 cups	cooked lentils
1 teaspoon	parsley
¼ cup	nutritional yeast flakes
2 teaspoons	onion powder
1 teaspoon	garlic powder
4 tablespoons	McKay's Chicken Style Seasoning
1 14-oz package	firm tofu
3 cups	oats
1 teaspoon	cayenne pepper
1 cup	seasoned bread crumbs
1 tablespoon	Bragg Liquid Aminos
2/3 cup	water chestnuts, chopped



Directions

Puree onion and soymilk in a food processor until smooth. Mix all ingredients together and form into 3-inch patties. Place on cookie sheet that has been sprayed with non-stick cooking spray. Bake at 400 for 20 minutes on the bottom rack. Flip and bake another 15 minutes until golden brown.

Yields: 18, 3-inch patties

**These burgers are not only tasty, but the water chestnuts give them a great texture. I usually bake them in the oven but sometimes I fry them in a skillet over medium heat with non-stick cooking spray. I'll be honest, they are absolutely fabulous fried in canola oil, but if you eat them "my way," then it's an entirely guilt free experience!*
-Brenda Walsh