

WILD RICE BURGERS

Makes: 4 Burgers, or 6 Sliders

ingredients

- 1/2 cup uncooked wild rice (or, 1 1/3 cups cooked wild rice)
- 2 tablespoons ground flaxseed
- 6 tablespoons water
- 1 small onion, diced
- 1 clove garlic, minced
- 1/2 cup Panko breadcrumbs
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon smoked paprika
- 1 pinch cayenne pepper
- 1/8 teaspoon black pepper
- 4 hamburger buns, or 6 slider buns
- Toppings of your choosing: avocado, caramelized onions, BBQ sauce



directions

Cook the wild rice according to the package directions.* Allow the rice to cool when done, or rinse with cold water to cool quickly. Set aside.

Heat a small saute pan over medium heat. When the pan is hot, add the onion and garlic. If the onion and garlic start to stick, add water or vegetable broth, 1 tablespoon at a time**. Cook until onions are translucent and soft, about 5-7 minutes.

In a small dish, combine the ground flaxseed and water. Allow the mixture to sit for at least 5 minutes.



In a large bowl, combine the onion & garlic mixture, breadcrumbs, salt, oregano, thyme, paprika, cayenne pepper, and black pepper. Add the cooled wild rice and flaxseed mixture. Stir until well combined.

Patty the burgers into your desired size. (This is a great place to stop if refrigerating or freezing the burgers for later in the week.)

To cook, get out your griddle and heat to medium high heat. Add the burgers and cook until heated through and crispy**.

Toast the buns of your choice on the griddle. Top with desired toppings. Enjoy!

*Consider making the wild rice ahead of time earlier in the day, or [even a day in advance](#).

**You can use a small amount of olive oil during these cooking points, however, we cook without oil and it still turns out great!

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