

## Beet, Rice and Goat Cheese Burgers

Courtesy of: The New York Times Online | Fitness & Nutrition | Recipes for Health

For some reason these pink burgers tasted better to me after they'd sat for a day in the refrigerator. So make them ahead for quick meals through the week and reheat in a medium oven or a frying pan.

- 1 egg
- 2 cups cooked brown or white rice
- 1 cup finely diced or grated roasted beets
- 1/4 cup chopped fresh herbs, like a mixture of parsley and dill
- 1 15-ounce can white beans, drained and rinsed
- 1 tablespoon fresh lemon juice
- 2 ounces goat cheese, crumbled
- Salt and freshly ground pepper
- 2 tablespoons extra virgin olive oil or canola oil, as needed



1. Preheat the oven to 375 degrees. Combine the rice, beets and herbs in a large bowl.
2. Purée the beans with the lemon juice and egg in a food processor fitted with the steel blade or with a fork. Scrape into the bowl with the rice and beets. Add the goat cheese, salt and pepper, and mix the ingredients together.
3. Moisten your hands and form 6 patties.
4. Working in batches, heat 1 tablespoon of the oil at a time in a heavy ovenproof skillet and brown the patties on one side for 2 minutes. Turn over onto the other side and place in the oven for 10 minutes. Serve with or without buns, ketchup and the works.

**Yield:** 6 burgers

**Advance preparation:**

You can make these up to 3 days ahead, either through Step 3 or 4, and keep in the refrigerator. They can also be cooked ahead and reheated in a low oven or in a pan on top of the stove.

**Nutritional information per serving (6 servings):**

227 calories; 10 grams fat; 3 grams saturated fat; 1 gram polyunsaturated fat; 5 grams monounsaturated fat; 41 milligrams cholesterol; 29 grams carbohydrates; 5 grams dietary fiber; 238 milligrams sodium (does not include salt to taste); 10 grams protein