



Lesson #19 Take Home

Fit4Kidz Fun Family Vegetarian Recipes

The following are fun, nutritious and meat-less recipes that can be made and enjoyed by the whole family!

Fit4Kidz Fab Veggie Burgers *(makes 4 patties)*

- 1 teaspoon olive oil
- 1/2 small onion, minced or grated
- 1 clove minced garlic or 1 teaspoon garlic powder
- 1 carrot, grated
- 1/2 small summer squash, grated
- 1/2 small zucchini, grated
- 3/4 cup rolled oats
- 2 tablespoons shredded cheddar cheese
- 2-3 teaspoons chopped fresh herbs, such as basil, parsley or thyme
- 1 egg (beaten)
- 1 1/2 teaspoon soy sauce
- 3/4 cup all-purpose flour

1. Heat the olive oil in nonstick frying pan over low heat. Add onion and garlic and cook for 3 to 5 minutes or until tender.
2. Mix in the carrots, squash, and zucchini. Continue to cook for 2 minutes, stirring occasionally.
3. Remove the pan from the heat and add the oats, cheese, herbs, egg and soy sauce. Transfer mixture to bowl and refrigerate 1 hour (or until mixture is firm).
4. Shape veggie mixture into four patties. Sprinkle the flour onto a large plate and drop each patty into the flour, lightly coating both sides.
5. Pan fry, grill or barbecue the veggie burgers for 5 minutes on each side or until heated through and browned. Serve with your favorite condiments.

Fit4Kidz Favorite Nut Butter

- 1 cup shelled peanuts or cashews
- 1 tablespoon light canola or vegetable oil
- 1 tablespoon agave nectar or maple syrup

1. Place the nuts in a food processor. Process at high speed until the nuts begin to hold together.
2. Add the oil and agave nectar or syrup, and continue to process.
3. Scrape the sides of the container from time to time, and process some more, until the peanut butter is smooth, or at the desired consistency.
4. Enjoy as a sandwich on your favorite bread or with apples and celery to dip!