

Vegetable Burgers with Apples



Ingredients

½ cup broccoli, chopped
½ cup zucchini, chopped
½ cup red Delicious apples (or other firm type)
½ cup red pepper, coarsely diced
½ cup green pepper, coarsely diced
½ cup carrots, shredded
½ cup onion, coarsely diced
2 Eggs
Salt to taste
Pam cooking spray

Directions

Preheat oven to 375°.
Roast all ingredients. Blend in food processor. Drain to get rid of excess liquid.
Add eggs and mix well. Form patties and place on cookie sheet that has been sprayed with Pam. Bake until brown.