

# Cyndi's Zucchini Burgers

Yield: 45-50 patties using 1/3 cup for each patty

Skill Level: Moderate

Cook time: 1 hour

4 onions

9 cups grated zucchini (large works great just remove seeds)

2 cups raw cashews (can use sunflower seeds, walnuts, pecans)

1/4 cup chicken style seasoning

3 cups quick oats

1/4 cup nutritional yeast flakes

3 cups rolled oats

1 tbsp. salt

3 cups cooked brown rice (left overs work great)

## Instructions

1. Preheat oven to 350 degrees.
2. Cut onions into chunks, place in a blender and begin blending.
3. Boil cashews for 2-3 minutes and drain. Add cashews to the blender and blend until smooth.
4. Place oats and rice in a large mixing bowl. Add seasoning and mix well.
5. Add the grated zucchini and the blended mixture to the dry ingredients and mix well. May use disposable gloves and mix well by hand. Let stand for at least 10 minutes to absorb the liquid.
6. Shape into patties and bake on parchment paper for 30 minutes on each side.

Notes: These patties are superb for freezing and keep well. Recipe easily halved. Can also make as a "meatloaf."