

# Broccoli Cheddar Burgers

THE JAMES  
Mobile  
Education  
Kitchen

## Heart Health

**Items Needed:** cutting board, knife, fork, mixing bowl, baking sheet.

**Serves:** 5

### Ingredients:

- 2 medium sweet potatoes
- ¼ red onion
- 2 cups broccoli
- 2 tsp olive oil
- 1 cup shredded cheddar cheese
- 2 cloves garlic
- 1 Tbsp whole grain mustard
- 1 egg
- Salt and pepper to taste



### Directions:

1. Peel your sweet potato into large dices and the broccoli into medium florets.
2. You can either dry roast these, or add olive oil and roast at 425 degrees. Take the broccoli off after 10-15 minutes, and continue to roast the sweet potatoes until cooked through. You can easily test this by taking a fork and pressing it into the potato, if it goes in easily, then the potato is cooked through.
3. While the veggies are cooking through, dice your red onion into small dices, chop your garlic.
4. When veggies are cooked through allow to cool in mixing bowl until just slightly warm.
5. Add to the cooling veggies the garlic, onion, mustard, egg and cheddar cheese. Use your hands and mash everything together until well combined and the mixture easily can be formed into burgers.

### Nutrition Information (per 1/5 recipe):

Calories: 210 Fat: 11 g Carbs: 15.1 g Protein: 9.6 g Fiber: 4.25 g Sodium: 300 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

