

Recipe makes 12 Patties

## Ingredients:

- 1 cup peeled and grated Yukon Gold Potato
- 1 cup peeled and grated sweet potato
- 1 cup grated carrot
- ½ cup finely chopped onion
- 1 cup finely chopped fresh kale, Swiss chard, arugula or spinach (use Spinach or Bok Choy if you are FODMAP Sensitive or leave this out altogether)
- ½ cup whole wheat flour (Use Arrowroot Flour if you are FODMAP Sensitive or have autoimmune issues)
- 1 tablespoon minced fresh sage leaves
- 1 tablespoon minced fresh thyme leaves
- 1 teaspoon minced fresh savory leaves
- 2 garlic cloves minced (Use garlic infused oil if you are FODMAP Sensitive)
- 1 small fresh red or green chile pepper, seeded and minced (OPTIONAL)
- 1 large egg, lightly beaten or ¼ cup egg substitute
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- Olive oil



## Directions:

1. In a large bowl combine all ingredients
2. Form ¼ cup of the mixture into a 3 inch diameter patty
3. Place on a large baking sheet. Repeat with the remaining mixture
4. Refrigerate for 1 hour
5. In a large skillet, heat a small amount of oil over medium heat
  - a. Cook vegetable patties about 5 minutes per side or until golden
  - b. If all the patties do not fit in the skillet, cook them in batches
6. Serve immediately

Recipe courtesy of Maggie Oster and Sal Gilbertie from The Herbal Palate Cookbook