



# Renal Burger

Serves: 6 servings

Active time: 40 minutes

## Ingredients - Burger

6 teaspoons olive oil  
1 medium finely chopped onion  
½ cup, finely chopped red or green pepper  
½ cup corn (fresh or frozen)  
2 cloves garlic, minced  
½ cup mashed steamed squash  
¼ cup nutritional yeast  
½ cup breadcrumbs  
½ cup oatmeal  
2 tablespoons finely chopped fresh parsley  
Dash of salt  
Freshly ground pepper to taste

Ranch dressing to spread  
6-8 tortillas/bread  
2 cups shredded lettuce



## Directions

- Mix all ingredients for the burger. With dampened hands, form the vegetable mixture into six ½ inch-thick patties, using about ½ cup for each.
- Cook patties over medium heat until browned and heated through, about 4 minutes each side.
- Serve with bread or tortilla, ranch dressing and shredded lettuce.

NUTRITIONAL DATA PER SERVING (1 serving): calories 59 | fat 6.8g | saturated fat 0.50g | cholesterol 4.7mg | sodium 26mg | carbohydrates 11.8g | fiber 2.3g | protein 4.2g | potassium 172mg | phosphorus 70.1 mg

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