FEAST VIRGINIA

FOOD·EDUCATION·ACCESS·SUPPORT·TOGETHER

Chef Will's Spicy Spinach Burgers

Ingredients

- 1 cup frozen green peas, thawed
- 4 scallions, cleaned and trimmed
- 2 cups fresh spinach
- ¾ cup chickpeas, drained
- Small handful fresh parsley
- 1 cup rolled oats
- 2 cloves garlic
- 1 TBSP smoked paprika
- 1 jalapeno, roasted, seeds removed, and chopped
- 1 tsp salt
- ½ tsp pepper
- Cooking spray

Kitchen Equipment Needed

- Cutting Board
- Knife
- Measuring Spoons
- Measuring Cups
- Food Processor
- Baking Pan

How To Make It

1. Pre-heat oven to 350 degrees.
2. In a food processor, blend oats until they are a fine dust.
3. To the blender with the oats, add the following in this order: parsley, spinach, scallions, green peas, chickpeas, jalapeno, garlic, paprika, salt, and pepper. Blend until all ingredients are coarsely chopped.

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What is FEAST Virginia?

FEAST Virginia helps families struggling with the effects of living in a broken food system live healthier, more nourishing lives. We do that by providing a comprehensive wellness program that combines food education, access to healthy foods, and group support.

Become a Participant:

Two hours each week for either our 6 or our 12 week program

First Hour: Food Education

Cooking Demonstration and Samples

Second Hour: Sharing Circle

Each participant will receive a Take It & Make It Bag with an easy-to-follow recipe and all ingredients for 4 adults to practice.

Childcare provided for weekly program participants for ages 2-8 years old.

Classes are free and forming now. Space is limited
To sign up, go to feastva.org -
Select < *Get Involved* < *Participate In a Group.*

Follow us on Facebook and Instagram @FeastVA
FEAST Virginia is a 501(c)3 non-profit

Learn More at: feastva.org
Contact us at: feastva@gmail.com

4. Once blended, divide into 4 portions and form into burger patties.
5. Place burger patties in freezer for 15 minutes.
6. Spray baking pan with cooking spray and place patties on pan.
7. Bake at 350˚F, flipping halfway through.

8. Spinach burgers can be made into a traditional burger or sandwich using your favorite toppings and hot sauce. These burgers go well with baked sweet potato fries or a hearty salad. Enjoy!

Chef Mill

For all our recipes & more visit FEASTVA.ORG

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