

Cook, Eat & Talk

OUR KITCHEN TABLE



Root Vegetable Patties

Ingredients

- 1 Parsnip
- 1 Carrot
- 1/2 Sweet potato
- 1/2 teaspoon fresh ginger root
- 2 tablespoons spelt flour (or whole wheat)
- Pinch of salt
- Coconut or olive oil for frying

Serve as a snack, side,
as a meat substitute or even on a bun.

Instructions

1. Grind-up ingredients fine in a food processor.
2. Make into patties.
3. Heat oil large frying pan (enough to lightly cover bottom of pan).
4. Fry patties over low heat for 8 minutes on each side or until lightly golden.

Yield 8 patties

Recipe shared by Toni Scott, OKT Cooking Coach

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