

COUSCOUS Patties



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Ingredients

1 ½ cups hydrated couscous

1 egg

½ cup bread crumbs

2 tablespoon olive oil

1 celery stem, chopped

1 garlic clove, minced

2 little green onions, sliced

1 tablespoon fresh parsley,
chopped

1 teaspoon Mrs. Dash seasoning

Salt and pepper to taste

Directions

Allow couscous to soak in ¾ cup hot water for hydration - approximately 5 minutes.

Mix first three ingredients - couscous with bread crumbs and egg.

Sauté all other ingredients - in order of list.

Mix everything together well incorporated.

Form patties approximately 4 inches in diameter.

Grill 3 minutes on each side until golden brown.

To watch a video of this recipe click the green bar.