

Iceberg Lettuce

Available

All year round.

Buy

Clean, crisp leaves.

Store

In plastic bags in the fridge.



Prepare



Remove the core.



Wash to remove soil.



Cut in half.



Break into pieces.

Cook

Can be:



Shredded salad



Chopped salad



Leaf cups



Vegetable and bean burgers

(serves 4)

Ingredients

1 can butter beans, drained and rinsed
2 carrots, grated
2 courgettes, grated
1 clove garlic, crushed
2 eggs
½ cup dry breadcrumbs
1 tablespoon oil
4 wholemeal burger buns
4 tablespoons tomato sauce
1 lettuce
2 tomatoes, sliced

Method



1 Mash beans. Add grated carrots, courgette, garlic, eggs and breadcrumbs. Mix well.



2 Heat oil in frying pan over medium heat. Spoon mixture into pan a few at a time. Mixture makes 8 patties.



3 Cook on both sides until golden brown and cooked through.



4 Serve on burger buns with tomato sauce, lettuce and tomato.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes