

# 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.

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