Sweet Potato Burger

Serves 3

INGREDIENTS

+ 1 ½ cups mashed sweet potato
+ 1 cup rolled oats (preferably blended to flour consistency in a food processor)
+ ½ onion, diced
+ 3-4 cloves of garlic, diced
+ 1 habanero or jalapeno (optional)
+ ¼ bell pepper (red, yellow, or orange)
+ 3-4 finely chopped mushrooms,
+ 2 tbsp sundried tomatoes or tomato paste
+ 1 tsp onion powder
+ 1 tsp garlic powder
+ 1 tsp smoked paprika
+ 1 tbsp dijon mustard
+ salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Combine all ingredients and roll into 6-7 patties.
3. Bake on a sheet tray lined with parchment paper or silicone pad in preheated oven for 30 min.
4. Turn the patties over and bake for another 10 min.
5. Garnish with dijon mustard, hot sauce, tomato, and picked onion salsa.