

## Green Burgers

If your family is picky, or you are breaking into vegetable eating, this is a winner!

1 lb. Ground meat (turkey, beef)  
1 raw egg  
1 cup ground up greens/veggies

In the food processor, pulse up Swiss Chard, Arugula, Radish Tops, Beet Greens, Eggplant, Zucchini, Garlic, Onion, etc. I use this paste for a healthier burger, pizza sauce, pasta sauce, lasagna, etc.

Mix ingredients into meat with hands, shape into patties and saute' in coconut oil or olive oil spray. The burger will be moist and flavorful, and the veggies won't be such an issue!

Recipe by: Healthy Lifestyle - Chaos Control  
Patricia Adams, CH, NHC, BS, NE  
[Healthylifestyleonline.us](http://Healthylifestyleonline.us)