

March Recipe of the Month (II):

Easy Tofu Burgers

Where's the beef? Not here as this recipe relies on the firm texture of the tofu to give it substance.

Ingredients:

1 pkg.	firm tofu, mashed
3/4 cup	quick-cooking rolled oats
1/2 tsp.	onion powder
2 tbsp.	soy sauce
1/2 tsp.	each, basil and oregano
	Dash of garlic powder
	Salt and pepper to taste

Directions:

1. Preheat oven to 325F. Prepare a lightly oiled cookie sheet.
2. In a medium size mixing bowl, mix together the tofu, rolled oats, onion powder, soy sauce, basil, oregano, garlic powder, salt and pepper.
3. Knead for a few minutes to ensure all ingredients are mixed well. Shape mixture into patties.
4. Bake for 20 to 25 minutes. Serve on a bun with your favourite condiments.

Source: [Ontario Soybean Grower's Marketing Board website](http://www.soybean.on.ca)
<http://www.soybean.on.ca>