

St. Patty's Patties

Veggie, nuts and herbs mix together nicely in a fresh tasting entree for lunch or dinner.

1 cup each soaked sunflower seeds and pecans, rinsed and drained

2 cups chopped cabbage

1 cup chopped fresh parsley

2 pitted, peeled and diced avocados

1 grated carrot

2 chopped scallions

Pulse all ingredients in a food processor until finely ground and mixed well. Shape into balls and flatten into patties. Serve atop fresh Bibb lettuce leaves and tomato slices.

Serves 2-4