

# McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:  
[www.drmcDougall.com](http://www.drmcDougall.com).

## McVeggie Burgers

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: makes 16 burgers

20 ounces firm water-packed tofu, drained well  
12.3 ounces silken tofu  
10 ounce package frozen chopped spinach, thawed  
½ cup water  
1 large onion, chopped  
½ pound mushrooms, chopped  
3 cloves garlic, pressed  
3 cups quick oats  
2 tablespoons soy sauce  
2 tablespoons vegetarian Worcestershire sauce  
2 tablespoons Dijon mustard  
1 teaspoon paprika  
1 teaspoon lemon juice  
½ teaspoon ground black pepper

Preheat oven to 350 degrees.

Place both kinds of the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside.

Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry.) Set aside.

Place the water, onion, mushrooms and garlic in a large non-stick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 10-12 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined. Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about ¼ inch thick and place on a non-stick baking sheet. (If you do not have a good non-stick baking sheet, then *lightly* oil your baking sheet first.) Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process.) Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments.