



### Savory Rice Patties

*Rice patties are a popular dish among Eastern Europeans. They are well known for its convenience in cooking and delicious taste. Rice patties can be one of the most appetizing ways to use leftover rice. Try it and you won't regret it!*

**Yields:** 8 servings

**Serving Size:** 1 patty

#### Ingredients:

- 1 cup **cooked rice** (basmati rice preferred, or whichever is your favorite)
- ½ red **onion**, finely diced
- 1 **garlic clove**, minced
- 4 Tbsp **all-purpose flour**
- 2 **eggs**, beaten
- 1 lb. of lean **ground turkey**
- 1 small bunch of **parsley**, finely chopped
- **Salt** and **pepper** to taste
- **Oil** of choice, to cook the rice patties

#### Instructions:

1. Mix all ingredients in a bowl and season with salt and pepper.
2. Cover the bowl and refrigerate it for about 30 minutes.
3. Heat oil in a large skillet over medium-high heat, and place 1 full tablespoon of the rice mixture into the pan. Repeat spooning rice mixture into oil for remaining amount.
4. Flatten each patty with the back of a spoon and fry until golden/brown on both sides.
5. Remove from oil and drain on paper towels.
6. Serve as you wish. Enjoy!

**Chef's Note:** Serve with a side of garden salad or any other greens.

**Per Serving:** Calories 130 kcal, Carbohydrates 7.3 g, Protein 13 g, Saturated Fat 1.5g, Sodium 200 mg, Fiber 0.3g, Sugars 0.5g

