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Wild Rice- Beans- Squash Patties with Local Honey & Elderberry Tincture

Prairie Grass Cafe

Sarah Stegner

Serves 4 - 6 people

Honey provided by Bill Kurtis & Donna LaPietra; **Elderberry Tincture** by Kenya Vera-Sample of [DuSable City Botanical Farms](http://www.dusablecitybotanicalfarms.com); **Beans and Squash** provided by [Three Sisters Garden](http://www.threesistersgarden.com), Tracey Vowell

Ingredients:

2 cups cooked wild rice

2 cups cooked beans, drained well (pinto)

1/2 cup roasted squash

1 head roasted garlic

Sea salt

1 tablespoon Olive oil

1 tablespoon of honey

2.5 - 3 droppers of elderberry tincture

Micro greens

Method:

In a food processor, mix the rice until it becomes sticky and begins to form a ball. Remove from the food processor and add the beans. Roughly purée them. Combine all ingredients and form into a patty.

Sauté in a nonstick medium size pan with olive oil over medium heat or roast in the oven in a pan drizzled with olive oil at 375 degrees for 10 minutes. Cook until a crisp crust forms on both sides of the outside of the patty.

Mix the honey and tincture together and drizzle over the patty. Garnish with micro greens.