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

Prairie Grass Cafe
Sarah Stegner
Serves 4 - 6 people

Ingredients:
2 cups cooked wild rice
1 cup 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.