

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



Photo credit: Cindy Kurman

## Prairie Grass Cafe Sarah Stegner

Serves 4 - 6 people

### 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  
Microgreens

### 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-sized 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 microgreens.