Spinach Feta Burgers

Ingredients:

* 2 (10-oz) packages frozen spinach
* 2 (4-oz) packages crumbled feta cheese
* 1 cup oatmeal
* 1 cup smashed Garbanzo beans
* 1/2 cup finely chopped walnuts
* 1 medium onion, diced
* 4 garlic cloves, minced
* 1 large egg, lightly beaten or eggbeaters
* 1/2 tsp salt
* 1 tsp ground black pepper
* 1/4 tsp ground red pepper
* 1 tsp olive oil

Directions:
Cook spinach lightly & DRAIN well, pressing between layers of paper towels. Combine spinach, cheese, oatmeal, beans, walnuts and next 6 ingredients into 6-8 patties. Cover and chill for 30 minutes. Cook patties in hot oil in a nonstick skillet over medium heat for 5 minutes on each side; drain on paper towels.

The key to shaping this mixture into patties is drying the spinach completely before adding the other ingredients.