



## Savory Artichoke Patties

These artichoke patties are easy, savory, hearty, and full of that tangy artichoke flavor that makes them feel a little more interesting than the usual veggie patty situation. The cannellini beans help hold everything together, the spinach adds body, and the oats give the patties structure without needing eggs, oil, or weird fillers.

You can also make them into small appetizer bites if you don't want a full patty. I like to eat them protein style, wrapped in lettuce with tomato, onion, mustard, and pickles, because I still want the burger experience without inviting the bun to the meal.

Check out the demo on my YouTube channel.

Let's dive in.

### Ingredients

1/4 cup vegetable broth  
1 (15 oz) can cannellini beans  
3 TB aquafaba, reserved from the can of beans  
1 yellow onion, finely minced  
3 cloves garlic, peeled and minced  
12 oz frozen spinach, thawed and squeezed well  
2 cans artichoke hearts in water, drained and finely chopped  
1 cup ground cooking oats  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp Eat Your Veggies Sprinkle, or 1/2 tsp celery salt  
Pinch of pepper  
1 TB organic Worcestershire sauce

### Instructions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Open the can of cannellini beans and place 3 TB of the aquafaba in a small bowl. Set aside. Pour the beans into a strainer, rinse well, and set aside.

In a medium skillet, heat the vegetable broth. Add the finely minced onion and chopped garlic, and sauté until the onion is soft and limp. Set aside.

Drain and finely chop the artichoke hearts. Set aside.

Place the rinsed cannellini beans in a large bowl and mash with a potato masher or fork. Add the sautéed onion and garlic, spinach, chopped artichokes, aquafaba, ground oats, onion powder, garlic powder, Eat Your Veggies Sprinkle or celery salt, and pepper. Mix until well combined.

Using your hands, form the mixture into evenly sized patties, about 1/4 to 1/2 inch thick, depending on your preference. Place the patties on the prepared baking sheet.

Brush the top of each patty with Worcestershire sauce. Bake for 10 minutes, then flip the patties and bake for another 10 minutes, or until golden brown.

Serve protein style wrapped in lettuce with tomato, onion, mustard, and pickles, or enjoy however you like your patties.

These artichoke patties are great for meal prep and freeze well. If stacking several patties in the same container, separate them with parchment paper before freezing.