

## **Beet and Brown Rice Sliders**

Richard Blais and Julianna Grimes  
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**Servings: 4**

**Start to Finish Time: 49 minutes**

**16 thin slices sourdough bread**  
**cooking spray**  
**1 cup cooked and cooled whole-grain rice blend**  
**3/4 cup (1 medium) cooked beet, grated**  
**1/2 cup panko (Japanese breadcrumbs)**  
**6 tablespoons chopped walnuts, toasted**  
**1/4 cup fresh flat-leaf parsley, chopped**  
**2 tablespoons shallots, finely chopped**  
**1/2 teaspoon Kosher salt**  
**1/4 teaspoon freshly ground black pepper**  
**2 tablespoons Dijon mustard**  
**1 large egg**  
**2 tablespoons olive oil**  
**1 log (3 ounce) goat cheese, sliced crosswise into eight slices**  
**1 cup watercress**

Preheat the broiler to high.

Cut each bread slice into a three-inch circle using a round cutter. Reserve the scraps for another use (such as breadcrumbs or croutons). Lightly coat the bread rounds with cooking spray. Arrange the bread rounds in a single layer on a baking sheet. Broil 2 minutes on each side or until lightly toasted. Cool on a wire rack.

Reduce the oven temperature to 400 degrees. Place a baking sheet in the oven to preheat.

In a medium bowl, combine the rice, beets, panko, walnuts, parsley, shallots, salt and pepper.

In a bowl, combine the mustard and egg, stirring well.

Add the egg mixture to the rice mixture. Stir until well blended.

Spoon 1/3 cup of the rice mixture into a 2-1/2-inch round cookie cutter. Pack the mixture down. Remove the mold. Repeat the procedure seven times to form eight patties.

Heat a large skillet over medium-high heat. Add one tablespoon of oil to the pan, swirl to coat. Carefully add four patties to the pan. Cook for 2 minutes. Carefully transfer the patties to the preheated baking sheet, turning the patties over and arranging in a single layer. Repeat the procedure with the remaining one tablespoon of oil and remaining four patties.

Place the pan in the oven. Bake the patties for 9 minutes.

Top each patty with one cheese slice. Bake an additional 1 minute or until the cheese is soft and the patties are set.

Place eight toasted bread rounds on a flat surface. Top each round with one patty. Divide the watercress evenly among the sliders. Top with the remaining toasted bread rounds.

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Per Serving (excluding unknown items): 567 Calories; 28g Fat (44.3% calories from fat); 23g Protein; 57g Carbohydrate; 4g Dietary Fiber; 83mg Cholesterol; 1067mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.