RECIPE

Lentil Burgers

These yummy vegetarian burgers are made from lentils and are loaded with protein. Try dressing them up on a whole wheat bun with your favorite veggies and spreads.

Makes: 8 servings
Prep Time: 15 minutes
Cook Time: 45 minutes

Source: MyPlate.gov

Ingredients

- 1 1/4 cup lentils
- 3 cups water
- 1 cup onion (chopped)
- 1 cup carrot (grated)
- 3 cups bread crumbs (fresh)
- 1 Tablespoon canola oil
- 1 egg
- 1 teaspoon garlic powder
- 1/2 teaspoon oregano (crumbled leaf)
- 1/2 teaspoon salt
- 3 tablespoons butter
- 4 ounces cheddar cheese

Directions

1. Place lentils in a colander, rinse in cold water and drain.
2. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.
3. Add onions and carrots. Cook 15 minutes more or until lentils are tender.
4. Remove from heat and cool slightly.
5. Stir in bread crumbs, egg, garlic powder, oregano and salt.
6. Melt butter in a large skillet. Drop lentil mixture by rounded 1/2 cupful into hot butter. Flatten mounds into patties and cook until firm and golden brown on both sides.
7. Top each patty with a thin slice of cheese.
8. Serve immediately.
9. Refrigerate leftovers within two hours

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1 Burger

Nutrients	Amount
Calories:	37
Total Fat:	12 g
Saturated Fat:	4 g
Cholesterol:	38 mg
Sodium:	591 mg
Total Carbohydrates:	50 g
Dietary Fiber:	9 g
Total Sugar:	6 g
Added Sugar:	2 g
Protein:	18 g

Utensils Needed

- Can opener
- Colander
- Cutting board
- Pot or pan
- Large skillet
- Measuring cups
- Measuring spoons
- Sharp knife
- Vegetable peeler

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