

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



SHOPPING LIST

Average total cost without oil and seasonings: \$10.42

Average cost/serving: \$1.73

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Lentils, 1lb. bag



Add 1 to cart
Eggs



Add 1 to cart
Carrots, 1lb. bag



Add 1 to cart
Cheddar Cheese, 8 oz.



Add 1 to cart
Onion



Add 1 to cart
Unsalted butter



Add 1 to cart
Bread crumbs

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- These simple patties are versatile and make make a delicious salad-topper. They can be chopped up and added to a wrap, or in a sandwich.

