# Lentil Burgers

Servings 8 | Prep time 5 mins. | Total time 50 mins.

**Equipment:**
Cutting board
Grater
Colander
Medium saucepan
Frying pan

**Utensils:**
Knife
Measuring cups and spoons

## Ingredients

1 cup uncooked lentils
2 cups water
1 small onion, chopped
3/4 cup carrot, grated
2 cups bread crumbs
1 egg, beaten
1 clove garlic, OR 1 teaspoon garlic powder
1/2 teaspoon dried oregano
1/2 teaspoon salt (optional)
Non-stick spray

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Place lentils in a colander, rinse in cold water, and drain.
3. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover, and cook for 15 minutes.
4. Add onion and carrots to the saucepan. Cook 15 minutes more or until lentils are tender.
5. Remove from heat and cool slightly.
6. Stir in breadcrumbs, egg, garlic powder, oregano, and salt (if using).
7. Spray a large frying pan with non-stick spray. Use a 1/2-cup dry measuring cup to drop lentil mixture into the hot frying pan.
8. Flatten into patties and cook until firm and brown on both sides--about 4 minutes per side.

Nutritional Information:
Calories 200
Total Fat 2.5g
Sodium 220mg
Total Carbs 35g
Protein 11g