Lentil Burgers

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

Equipment: Cutting board, Grater, Strainer or colander, Medium saucepan, Skillet
Utensils: Knife, Measuring spoons and cups

Ingredients
1 cup dry lentils
2 cups water
3/4 cup onion, chopped
3/4 cup carrot, grated
2 cups breadcrumbs
1 egg, beaten
1 teaspoon garlic powder
1/2 teaspoon oregano
1/2 teaspoon salt (optional)
Non-stick cooking 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 skillet with non-stick cooking spray. Use a ½-cup dry measuring cup to drop lentil mixture into the hot skillet.

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