

Lentil – Mushroom “Burger”

serves 6

INGREDIENTS:

2 cup lentils, green or brown cooked & drained
2 cup baby portobello mushrooms, chopped finely
½ cup onion, diced
1-2 cloves garlic, finely diced
1/4 tsp sea salt
1/2 tsp each dried thyme and oregano
1/2 tsp smoked paprika
2 1/2 tablespoons tamari
1 tablespoons apple cider vinegar
1 cup oat flour
1 cup walnuts, toasted
1 tsp dijon mustard
1 egg
1/4 c chopped parsley



INSTRUCTIONS

1. Cook off 1cup lentils (= 2 cups cooked) and drain.
2. In a medium skillet, saute onion, add herbs and mushrooms, saute 5 mins, then add to lentils.
3. In food processor, add toasted walnuts and pulse until chopped. Add in half of lentil and mushroom mix, then process until mashed (not smooth)
4. Remove mixture from processor, add back to bowl with remaining lentil-mushrooms. Add remaining seasonings, tamari, vinegar, flour, egg, parsley. Mix all ingredients until well blended. Refrigerate for 1 hour.
5. Form 6 patties and either brown in a skillet for 5-7 mins on each side, or bake at 400F for 10 mins, flip and bake a further 10 mins.
6. Serve on bun with toppings of choice

Nutrition Facts:

1 burger, recipe makes 6
306 calories, 15 g fat, 32 g carb, 7.5 g fiber, 14.5 g protein, 410 mg sodium



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