



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

LENTIL BURGERS

EatingWell.com - September/October 2011

Makes 4 servings

Ingredients:

- 1** large clove of garlic, peeled
- ¼** teaspoon kosher salt
- ½** cup walnuts, toasted
- 2** slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 1** tablespoon chopped fresh marjoram or 1 teaspoon dried
- ¼** teaspoon freshly ground pepper
- 1½** cups cooked or canned (rinsed) lentils
- 2** teaspoons Worcestershire sauce
- 3** teaspoons canola oil, divided
- 4** whole-wheat hamburger buns, toasted
- 4** pieces leaf lettuce
- 4** slices tomato or jarred roasted red pepper
- 4** thin slices red onion

Preparation:

- Coarsely chop garlic; sprinkle with salt and mash to a paste with the side of the knife. Coarsely chop walnuts in a food processor. Add bread, marjoram, pepper and the garlic paste; process until coarse crumbs form. Add lentils and Worcestershire; process until the mixture just comes together in a mass. Form into 3-inch patties (about 1/3 cup each).
- Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook the patties until browned on the bottom, 2-4 minutes. Carefully turn over; reduce heat to medium-low. Drizzle the remaining 1 teaspoon oil around the burgers and cook until browned on the other side and heated through, 4-6 minutes more.
- Serve on buns with lettuce, tomato (or red pepper), and onion.