



A Nutrition Resource



LENTIL BURGERS

Yield: 6 Servings

Cost/Serving: \$0.48

Ingredients:

3/4 cup red, yellow, or green lentils, uncooked, rinsed

1 1/4 cups water

1/4 tsp salt

1 tbsp olive oil

3/4 cup onion, diced

1/4 cup carrot, diced

3/4 tsp black pepper

1 tbsp soy sauce

1/2 cup rolled oats, finely ground

1/2 cup breadcrumbs

Burger buns and toppings, if serving as burgers

Directions:

1. Boil lentils in the water with the salt in a medium saucepan for around 15-30 minutes. Lentils will be soft and most of the water will be gone.
2. In a skillet, sauté onions and carrot in the oil until soft, about 5 minutes.
3. In a bowl, mix the cooked lentils, onions, and carrot with the pepper, soy sauce, oats, and breadcrumbs.
4. While still warm, form mixture into patties or balls.
5. Burgers or balls can then be shallow fried in a skillet for 1-2 minutes on each side or baked on a parchment lined sheet pan at 400°F for 15 minutes.

Nutrition Facts

6 servings per container

Serving size 1 patty (0.0g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.2mg 6%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and Farm to School of Park County

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