

My Pantry

includes protein

Lentil Burgers

(Serves 5)

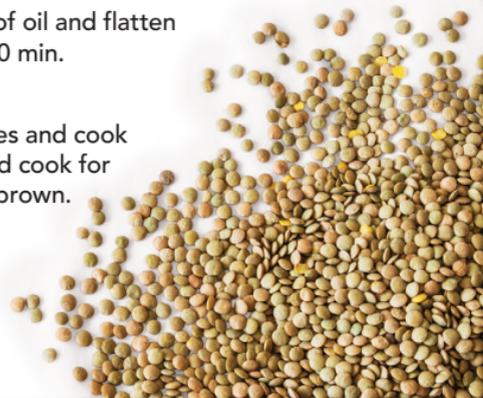
Ingredients:

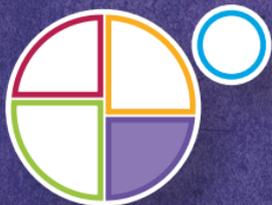
- ¾ cup lentils, rinsed and drained*
- 2 cups low sodium vegetable broth* (may substitute with water)
- 1 cup onion, diced
- ½ cup carrot, grated
- 1 cup rolled oats*
- 1 egg*
- 1 tsp. garlic powder
- ½ tsp. oregano
- 1 tsp. salt
- ½ tsp. black pepper
- ¼ cup dried cranberries* (optional)
- ½ cup fine breadcrumbs
- 4 tbsp. vegetable oil

* Items typically found in food pantries

Directions:

1. In a medium saucepan bring broth to a boil. Add lentils, reduce to low heat, cover, and cook for about 15 min.
2. Add carrots, cover, and cook an additional 15 min. until lentils are tender.
3. Stir in oats, egg, garlic powder, oregano, salt, black pepper, and cranberries (optional).
4. Form mixture into 6 balls, and roll into breadcrumbs.
5. Coat baking sheet with 1 -2 tbsp. of oil and flatten balls into patties. Refrigerate for 30 min.
6. Preheat oven to 400° F.
7. Drizzle 1 – 2 tbsp. of oil onto patties and cook in the oven for 15 min. then flip and cook for an additional 10 min. until golden brown.
8. Serve on a whole wheat bun with lettuce, tomato and mayonnaise.





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Nutrition Facts:

1 Serving

Calories – 298; Total Fat – 12 g;
Saturated Fat – 2 g; Cholesterol
– 27 mg; Sodium – 723 mg;
Carbohydrate – 39 g; Dietary Fiber
– 8 g; Total Sugars – 7 g; Protein
– 11 g; Iron – 4 mg; Calcium – 59
mg; Potassium 444 mg

MyPlate Food Groups:

- P** 1.4 oz. Protein
- G** 1 oz. Grains
- V** 1/2 cup Fruits & Vegetables

*Recipe adapted from What's Cooking
USDA Mixing Bowl.*

Nutrition Facts generated from USDA's SuperTracker.



Washington
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