



Lentil Veggie Burgers

By Katie Ferraro, MPH, RD, CDE

Servings: 6

Ingredients	Nutrient value per serving Serving Size = 1 burger
2 c. water ¾ c. dried lentils ½ t. salt cooking spray 1 c. onions, diced ½ c. carrots, diced 3 garlic cloves, minced 2 c. mushrooms, chopped ¼ t. black pepper ⅓ c. whole-wheat breadcrumbs 1 T. lemon juice 2 large egg whites 1 T. canola oil	Exchanges 1 starch 1 vegetable 1 ½ protein Calories 150 Calories from Fat.....27 Total Fat.....3 g Saturated Fat0 g Cholesterol0 mg Sodium.....250 mg Carbohydrate24 g Fiber.....8 g Sugar 4 g Protein.....9 g
Instructions	Notes
<ol style="list-style-type: none"> Combine water, lentils and salt in medium saucepan; bring to a boil. Cover, reduce heat to medium-low and simmer 20 min. Drain; set aside. Spray a large skillet with cooking spray and heat over medium-high heat. Add onions, carrots and garlic and saute for 3 min. Add mushrooms and pepper and cook for an additional 5 min. Place vegetable mixture in a large bowl; let stand 5 min. Add cooked lentil, breadcrumbs, lemon juice and egg whites. Stir to combine. Cover and place in refrigerator for 30 min. Divide the lentil mixture into 6 equal portions. Shape each portion into ½ in.- thick patties. Heat canola oil in large skillet over medium heat. Add lentil patties and cook for 5 min. on each side. 	Prep and cook time: 60 min. Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. For a lower-carbohydrate option, skip the bun and wrap your burger in lettuce instead.