

Recipe of the Week

Lentil Burgers

Trying to cut back on beef?

Try these lentil burgers - they are an excellent source of protein and fiber!

Note: This recipe needs to sit overnight in the fridge, so get started the day before you want to serve them :)

Ingredients:

1 cup brown lentils, rinsed and strained
2 cups water or vegetable broth
2 teaspoons extra-virgin olive oil
1 large red onion, half finely chopped and half thinly sliced
1 tablespoon lemon juice - optional
8 ounces spinach
4 garlic cubes
1/2 teaspoon ground cumin
Salt and pepper, to taste
1 cup whole-wheat breadcrumbs
Cooking spray

Instructions:

- Bring the lentils and 1 3/4 cups of the broth to a boil in a medium saucepan over high heat.
- Reduce heat to medium-low, partially cover, and simmer until the lentils are fully softened and the liquid is absorbed, about 30 minutes.
- Transfer to a medium bowl with the remaining broth and mash well with a potato masher. Set aside.
- Heat the oil in a large nonstick pan over medium heat.
- Add the chopped onion, lemon juice, and 1/4 teaspoon salt and cook, stirring until softened, about 6 minutes. Add the spinach, garlic, 1 1/2 teaspoons black pepper, and cumin, and stir for about 3 minutes.
- Add the spinach mixture and breadcrumbs to the lentils and mix thoroughly. Cover and refrigerate for at least 1 hour or overnight.
- Preheat the oven to low broil. Divide the mixture into 8, form patties, and spray on each side.
- Grill for about 3 minutes per side.
- Serve with baby arugula, roasted red bell peppers, and spicy mustard.

Makes 8 burgers. Count 2 burgers as a complete meal. Enjoy!

