



Lentil Burgers

Recipe Source: www.foodnetwork.com

Servings: 3

Ingredients:

¾ cup brown lentils, rinsed, strained, and picked through
1¾ cups plus 1 TBSP low-sodium vegetable broth or water
2 tsp extra-virgin olive oil
½ a large red onion, finely chopped
Juice of ½ lemon
Kosher salt
8 oz fresh baby spinach
2 large cloves garlic, minced
Freshly ground black pepper
½ tsp ground cumin
1 cup whole wheat breadcrumbs
½ cup walnuts, toasted and finely chopped
3 whole-grain hamburger buns, optional
Baby arugula, basil, roasted red bell peppers, additional red onion slices, and spicy mustard, for serving (not included in nutritional facts)

Steps:

- Bring the lentils and 1¾ cup 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 1 TBSP broth and mash well with a potato masher. Set aside.
- Heat the oil in a large nonstick skillet over medium heat. Add the chopped onion, lemon juice, and ¼ tsp salt and cook, stirring, until softened, about 6 minutes.
- Add the spinach, garlic, 1½ tsp black pepper, and cumin and stir until the spinach is wilted, about 3 minutes.
- Add the spinach mixture, breadcrumbs, walnuts, and ¾ tsp salt to the lentils and mix thoroughly. Cover and refrigerate for at least 1 hour or overnight.
- Preheat the grill to medium-high. Form the mixture into six 4-inch patties and spray with cooking spray on each side. Grill until nice grill marks form, about 3 minutes per side. Place the patties in the buns (if using) with the sliced onion and other toppings, as desired, and serve.

Tips from the Test Kitchen: For a lighter meal, eat the burgers with greens and veggies (no bun). Can also be cooked on an electric griddle indoors.

Nutritional Facts: Per Serving: Calories: 607, Carbohydrates: 77 grams, Protein: 23 grams, Total Fat: 25 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 368 mg, Fiber: 17 grams, Total Sugars: 10 grams.