Lentil Vegetable Burgers

Source: Foods That Fight Pain by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

These lentil burgers are high in fiber and low in fat!

About the Recipe

190 Calories · 8.6 g Protein · 5 g Fiber
Lunch · Dinner

Note: A stick of celery is also called a rib of celery. A stalk of celery is the whole bunch!

Ingredients

Makes 4 Servings

- 1 small onion, chopped
- 1/2 c (95 g) short grain rice
- 1/2 c (39 g) dry lentils
- 3/4 tsp (3.75 mL) iodized salt
- 2 c (480 mL) water
- 1 stick medium celery, finely chopped
- 1 small carrot, chopped
- 2 tsp (10 mL) ground mustard
- 1 tsp (5 mL) garlic powder
- to taste vegetable oil spray

Directions

1. In a medium saucepan, combine onion, rice, lentils, salt, and water. Boil over low heat, and then cover and cook for about 50 minutes or until the rice and lentils are tender and all the water has been absorbed.

2. Add the carrot, celery, mustard, and garlic powder to the hot lentil mixture. Stir to mix, and then cool completely (you can make the burgers while the mixture is still warm but shaping them is much easier once it has cooled).
3. Form the mixture into eight 3-inch (7.6-cm) patties. Lightly coat a large nonstick skillet with vegetable oil spray. Cook the burgers over medium heat for about 4 minutes per side, or until lightly browned.

Nutrition Facts

Per serving:
Calories: 190
Fat: 0.8 g
    Saturated Fat: 0.1 g
    Calories from Fat: 3.7%
Cholesterol: 0 mg
Protein: 8.6 g
Carbohydrates: 37.2 g
Sugar: 1.8 g
Fiber: 5 g
Sodium: 467 mg
Calcium: 39 mg
Iron: 3.2 mg
Vitamin C: 3.5 mg
Beta-Carotene: 1,284 mcg
Vitamin E: 0.2 mg