

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

- small onion, chopped (1)
- short grain rice (1/2 cup)
- dry lentils (1/2 cup)
- salt (3/4 tsp.)
- water (2 cups)
- medium celery, finely chopped (1 stalk)
- small carrot, chopped (1)
- ground mustard (2 tsp.)
- garlic powder (1 tsp.)
- vegetable oil spray (to taste)

Directions

1. In a medium saucepan, combine chopped onion, dry rice, dry lentils, salt, and 2 cups (480 milliliters) of water. Boil over low heat, 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 chopped carrot, finely chopped celery, mustard, and garlic powder to the hot lentil mixture. Stir to mix, 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 8 3-inch 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