

Lentil Walnut Burger

INGREDIENTS: Makes 4 Burgers

Burgers

⅓ cup chopped walnuts
⅓ cup chopped red onion
1½ cups cooked (not wet) brown lentils (cook ¾ dry lentils)
½ cup rolled oats, or more as needed
1 Tbs ground flaxseeds mixed with 2 Tbs warm water
1 Tbs minced fresh parsley
1 Tbs white miso paste
1 Tbs Minced Garlic or Roasted Garlic (optional)
½ tsp onion powder
½ tsp garlic powder
¼ tsp paprika
¼ tsp Salt
¼ tsp ground black pepper



INSTRUCTIONS:

Be sure your cooked lentils are not wet. You can blot them dry or place them in a skillet over medium heat, tossing to get out any moisture. Alternatively, you can spread them on a baking sheet and bake them for a few minutes at 350°F (175°C) to dry them out.

FOR THE BURGERS: Preheat the oven to 375°F (190°C). Place a sheet of parchment paper on a rimmed baking sheet. Set aside.

In a food processor, combine the walnuts, red onion, flaxseed mixture, parsley, miso paste, onion powder, garlic powder, paprika, salt and pepper. Pulse to combine, leaving some texture.

Add the Roasted Garlic (if using), lentils, and oats. Pulse to mix together while leaving some texture. Pinch off a bit of the mixture and press it in your hand to make sure it holds together. If it's too wet, add more oats; if it's too dry, add some water, 1 tablespoon at a time.

Shape the lentil mixture tightly into six burgers about ½-inch thick. Arrange them on the prepared baking sheet. Bake until golden brown, turning once, about 8 min per side.

VARIATION: For Southwest Black Bean Burgers: Substitute black beans for the lentils, pemitas for the walnuts, and fresh cilantro for the parsley.

Add 1 to 2 tsp of chili powder, ¼ cup of minced red bell pepper, and 2 Tbs of chopped green onion, then proceed with the recipe.