



Lentil Burgers

Makes 10 patties

8 oz. boiled lentils
¼ cup bread crumbs
1 medium carrot – grated
1 small beet – grated
2 garlic cloves – minced
2 TBS chopped parsley
2 TBS chopped cilantro
2 scallions – chopped
1 tsp. lime zest
1 TBS lime juice
1 tsp. cumin
2 tsp. salt
2 tsp. black pepper
2 TBS olive oil

Place 2/3 of the cooked lentils in a food processor and puree. Place it in a bowl with all of the other ingredients – except the olive oil. Mix well.

Make 10 patties and refrigerate them for about 30 minutes.

Heat a skillet with the olive oil. Fry the patties, at medium heat, until browned – about 5 minutes – and flip. Cook for another 4 to 5 minutes – until the other side browns as well. Serve in a sandwich or with a salad. You can top it with llajwa – Bolivian salsa or any other topping of your choice.

Llajwa:

4 small Roma tomatoes – peeled
1 large chili pepper – locoto, jalapeno or Serrano – seeded and membrane removed
4 to 5 sprigs parsley or cilantro or mint
1 tsp. salt

Place all ingredients in a food processor. Process until smooth but not liquid. Use as a a topping for your burger or as a salsa with some bread and butter.

2 patties - CALORIES 178.57; FAT 6.49 grs (sat 0.89; mono 4.11; poly 0.94); PROTEIN 8.23 grs ; FIBER 2.85 grs;
CARBS 26.67 grs; CHOLESTEROL 0.00 mg; IRON 3.24 mg; SODIUM 1473.20 mg; CALCIUM 62.02 mg

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