

Homemade Vegan Lentil Burger

Swick

Serves 1 | Active Time: 15 minutes | Total Time:

Chef's Notes

Nutritionals per patty:

Calories 464 | Total Fat 4.5g | Saturated Fat 0.2g | Sodium 715mg | Total Carbohydrates 80.2g | Dietary Fiber 31g | Total Sugars 8.2g | Protein 28.9g | Calcium 74mg | Iron 7mg | Potassium 1059mg |

Step 1: Make the Burger Patties

- 3 cups cooked lentils
- 1 onion, finely chopped
- 1 tablespoon of flax seeds and 3 tablespoons of water (egg replacement)
- 1 tsp smoked paprika
- 2 tbsp garlic powder
- 1/2 c chopped parsley
- 1/2 c chopped cilantro
- Salt & pepper
- BURGER TOPPINGS: pickle slices, lettuce or spinach, cucumbers, tomatoes, vegan mayo, ketchup

In a large bowl, mix together everything except for burger toppings. Season with salt & pepper to taste.

Form into patties and fry in a medium skillet until burger is heated through, about 5 minutes per side.

Top with your favorite burger fixings. Serve & enjoy!