

Quinoa Lentil Burger

Naturally vegetarian, can be made vegan



INGREDIENTS

Makes 4 Burgers

- 1 c cooked quinoa
- 1 c cooked brown lentils
- 1 tbsp extra virgin olive oil
- 1/3 c rolled oats
- 1/2 tsp cumin
- 1/4 c wheat flour
- 1/4 c bread crumbs
- 1 tsp paprika
- 1/4 tsp garlic powder
- 2 tsp cornstarch
- salt & pepper
- 3 tsp honey (omit for vegan)
- 2 tbsp. dijon mustard

DIRECTIONS

1. Prepare honey dijon (if using) and store in fridge until ready to use
2. Mix all ingredients in a bowl & once combined, form into 4 patties
3. Cook patties on medium heat for 10-12 minutes, until browned
4. Assemble your masterpiece

Nutrition Facts

4 servings per container

Serving size 1 Burger

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 9g	18%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

****NUTRITION
LABEL
DOES
NOT
INCLUDE
BUN****