



Lentil and Mushroom Burger

<u>U.S.</u>		<u>Metric</u>
1 cup	Brown Lentils, dry	113 g
2 tsp	Olive Oil	10 mL
1 small	Onion, rough chop	80 g
2 each	Celery Stalk, rough chop	2 each
2 each	Garlic Clove, minced	2 each
4 cups	Mushrooms, washed, rough chop	455 g
1 tsp	Rosemary, fresh	1 g
1 tsp	Thyme, fresh	1 g
2 each	Eggs	2 each
1 1/2 cup	Whole Wheat Bread Crumbs	187.5 g
1 Tbsp	Dijon Mustard	14.13 g
1 Tbsp	Balsamic Vinegar	15 mL
1 Tbsp	Worcestershire	15 mL
1/4 tsp	Cayenne or Red Pepper Flakes	.35 g
1/4 tsp	Black Pepper, ground	.6 g
3/4 tsp	Kosher Salt	4.5 g
10 each	Sandwich Thins, whole wheat	10 each
As needed	Arugula	As needed
1 1/4 cup	Tomato Chutney	141.3 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350 F (180 C).
3. Bring a pot of water to a boil, add lentils, fully cook (about 15 minutes), drain and place in a large bowl. Using a hand masher, partially mash lentils.
4. While lentils are cooking, heat olive oil in a medium saute pan over medium heat. Add onions and cook until translucent (about 3 minutes).
5. Add celery, garlic, mushrooms and herbs to the pan and cook until the mushrooms have wilted (about 5 minutes).
6. When vegetable are fully cooked, carefully transfer to food processor and pulse 3-4 times until all mixture is minced.
7. Mix vegetables in with mashed lentils. Add eggs, bread crumbs, dijon, balsamic, worcestershire and seasonings, completely combine.
8. Using hands, roll out 10 equal burger patties onto a lined and sprayed sheet pan. Bake burgers for 15 minutes.
9. Toast sandwich thins, place arugula on bottom buns, assemble burgers on buns and top with 1-2 tablespoons of tomato chutney.

Nutrition Facts**Serving size** **1 burger**
Servings **10****Calories** 270
Calories from Fat 30Total Fat 3.5 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 1 g
Cholesterol 35 mg
Sodium 390 mg
Carbohydrates 49 g
Dietary Fiber 13 g
Sugars 4 g
Protein 14 gVitamin A 4 %
Calcium 4 %
Vitamin C 6 %
Iron 10 %
Phosphorus 148 mg
