



**Catholic
Health Services**
of Long Island
At the heart of health

Lentil Burgers

Ingredients

- 1 cup cooked lentils
- 1/2 cup whole wheat breadcrumbs
- 1/2 medium onion, finely chopped
- 1/2 cup cilantro, finely chopped
- 4 Tbsp. taco seasoning (or make your own-
- 1 egg (lightly beaten) or 1 flax egg (combine 1 Tbsp. flaxseed meal with 2.5 Tbsp. water, let rest for 5 minutes until it forms a gel)
- olive oil



Preparation

1. Mix all ingredients in a medium bowl.
2. Place half of the mixture in a small food processor and process until it has a paste consistency. Combine with the other half of the mixture.
3. Create patties with your hands (I use a ¼ cup scoop which makes small burgers).
4. Heat the olive oil in a non-stick skillet over medium heat. Cook the burgers for 2-3 minutes each side or until golden brown.
5. Serve on whole wheat buns or lettuce wraps and condiments of choice.

Make your own taco seasoning:

- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 1/2 tsp. paprika
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. dried oregano
- 1/4 tsp. black pepper

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