

LENTIL FETA BURGERS

A great beef burger alternative, loaded with protein in the beans and lentils. This recipe can be easily adapted to be flexitarian, vegetarian or vegan.



INGREDIENTS

Lentil Feta Burgers

- 2 tablespoons olive or sunflower seed oil
- ½ cup finely diced onion
- ¼ cup finely chopped celery
- 1 clove garlic (crushed)
- ½ teaspoon red pepper flakes
- Salt and pepper to taste
- ½ cup breadcrumbs (GF if preferred)
- 1 egg or vegan binder such as Aquafaba (water from canned beans)
- 2 cups cooked green lentils (approx. ½ cup dried uncooked lentils)
- ½ can rinsed and drained white beans
- ½ cup grated carrot
- ¼ cup finely chopped sundried tomatoes
- ½ cup feta cheese (Vegan or Dairy)
- 1 teaspoon Mediterranean herbs or fresh chopped parsley.

4 servings



To cook lentils.....cook on a stovetop, using 3 cups of liquid to 1 cup of dry lentils - the lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. For whole lentils, cook time is typically 15-20 minutes.

INSTRUCTIONS

1. Heat 1 tablespoon oil on medium heat. Sauté onions and celery on medium heat until they soften, add crushed garlic, salt and pepper, and red pepper flakes. Cool slightly.
2. Gently combine breadcrumbs, egg, lentils, grated carrot, sundried tomatoes and white beans in a bowl. Add sautéed onion mix and combine with hands, break up the beans when mixing.
3. When mix comes together add feta and herbs.
4. Gently form into 4 patties. These can be left to rest for a few hours if needed
5. Heat 1 to 2 tablespoon oil on pan. Cook burgers at medium heat for 3-4 minutes per side. You can finish these in the oven or air fryer at 325degrees F.

Serve on a whole grain bun with Tzatziki Dressing and fresh salad!

Tzatziki Dressing

- 1 cup plain Greek Yogurt
- ½ teaspoon garlic salt
- ½ grated English cucumber
- 1 teaspoon olive oil
- 1 teaspoon lime juice
- 1 teaspoon fresh chopped mint
- Pepper to taste

Combine all ingredients together in a small bowl and mix well

