

Vegan Lentil Burgers



These burgers are packed with flavor, fiber and protein while still being low in fat. We love them grilled, but you can also pan-fry them: Heat 1 tablespoon grapeseed oil in a large nonstick skillet over medium-high heat and fry patties until well browned, about 2 minutes per side. (Remember: The extra oil will alter the calorie and fat totals.)

EVEN Editor's Note: Not only is "extra" oil not necessary, just spray the non-stick pan and you won't need to use any oil at all.

Ingredients

- 3/4 cup brown lentils, rinsed, strained and picked through
- 1 3/4 cups plus 1 tablespoon low-sodium vegetable broth or water
- 2 teaspoons extra-virgin olive oil

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- 1 large red onion, half finely chopped and half thinly sliced
 - Juice of 1/2 lemon
 - Kosher salt
 - 8 ounces fresh baby spinach
 - 2 large cloves garlic, minced
 - Freshly ground black pepper
 - 1/2 teaspoon ground cumin
 - 1 cup whole-wheat breadcrumbs
 - 1/2 cup walnuts, toasted and finely chopped
 - Cooking spray
 - 6 whole-grain vegan hamburger buns
 - Baby arugula, basil, roasted red bell peppers and spicy mustard, for serving, optional

Directions

Bring the lentils and 1 3/4 cup of the broth to a boil in a medium saucepan over high heat. Reduce heat to medium-low, partially cover and simmer until the lentils are fully softened and the liquid is absorbed, about 30 minutes. Transfer to a medium bowl with the remaining 1 tablespoon broth and mash well with a potato masher. Set aside.

Heat the oil in a large nonstick skillet over medium heat. Add the chopped onion, lemon juice and 1/4 teaspoon salt and cook, stirring, until softened, about 6 minutes. Add the spinach, garlic, 1 1/2 teaspoons black pepper and cumin and stir until the spinach is wilted, about 3 minutes.

Add the spinach mixture, breadcrumbs, walnuts and 3/4 teaspoon salt to the lentils and mix thoroughly. Cover and refrigerate for at least 1 hour or overnight.

Preheat the grill to medium-high. Form the mixture into six 4-inch patties and spray with cooking spray on each side. Grill until nice grill marks form, about 3 minutes per side. Place the patties in the buns with the sliced onion and other toppings, as desired, and serve.

Total:
2 hr 10 min

Active:
20 min

Yield:
6 servings

Level:
Intermediate

Nutritional Analysis:
Per Serving

Sugar
10 grams

Protein
21 grams

Dietary Fiber
21 grams

Carbohydrates
90 grams

Sodium
900 milligrams

Saturated Fat
1.5 grams

Total Fat
14 grams

Calories
560 calorie

Source: TV Food Network

EVEN Editor's Note: You can batch cook and make a lot of these ahead of time, freeze them between waxed paper sheets and they will always be ready for a quick, tasty, vegan meal. Affordable and nutritious!