

Lentil Burgers

You will be surprised how good tasting these burgers are.

Makes: 4 servings

Costs: \$0.74 per serving

Ingredients:

1	Can (19 ozs/540 ml) lentils, drained	1
2/3 cup	Rolled oats	150 mL
1/4 cup	Chopped onion	50 mL
1/4 cup	Chopped celery	50 mL
1/3 cup	Water	75 mL
1 tsp	Worcestershire sauce	5 mL
1 tsp	Garlic powder	5 mL
1/4 tsp	Salt	1 mL
1/4 tsp	Pepper	1 mL
	Vegetable oil	
4	Cheese slices	4
4	Hamburger buns or pita pockets	4

Directions:

1. Mash lentils in a large bowl, using a fork or masher.
2. Stir in oats, onion, celery, water, Worcestershire sauce, garlic powder, salt and pepper. Mix well.
3. Shape lentil mixture into 4 patties. Chill in the refrigerator for 20 to 30 minutes.
4. Turn on stove to medium-high heat. Put a little oil in a large frying pan. Fry patties until golden brown on both sides. Just before the second side is done, put a cheese slice on top.
5. Serve the lentil burgers on hamburger buns or in pita pockets. Dress them up with your favourite fixings.

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