

## LENTIL PATTIES

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Included in Box:**

- 2 ½ c. lentils, cooked
- ¼ c. oats, uncooked

**Additional Ingredients Needed:**

- 1 egg, beaten
- 1 small onion (~½ c.), diced
- ½ medium green pepper, diced
- 1 tsp garlic powder
- ¼ tsp ground cumin
- 4 whole grain or whole wheat hamburger buns

**Directions:**

1. Mash cooked lentils with a fork in a large bowl.
2. Add dry oats, egg, onion, bell pepper and spices to mashed lentils. Mix well to combine.
3. Divide mixture into 4 equal portions, roll into balls and flatten into patties.
4. Cook patties in skillet over medium heat until brown (5 minutes per side). Or bake at 375 degree F for 20 minutes, flipping halfway through.

**Tip:**

Serve with tomato and lettuce for extra vegetables and flavor!



**Nutrition Facts\***

**Total Servings:** 4  
**Serving Size:** 1 patty with whole grain bun  
**Calories:** 307  
**Fat:** 3.5 g  
**Sodium:** 442 mg  
**Carbohydrates:** 52 g  
**Fiber:** 12.5 g  
**Protein:** 17 g  
**Carbohydrate Servings:** 3 ½

*\*Nutrient facts include cooked lentils, dry instant oats, 1 small white onion, 1 large brown egg, whole grain wheat hamburger bun, and spices.*