

# Almond-Lentil Burgers



**Makes 4 servings**

Active time: **25 minutes**

Total time: **50 minutes**

Course: **Dinner**

Sliced almonds lend a nutty crunch to these vegetarian lentil burgers.

## Ingredients

- 1 medium carrot
- ¼ medium red onion plus 4 thin slices, divided
- 5 teaspoons olive oil, divided
- 1 stalk celery, finely chopped
- 3 cloves garlic, minced
- 5 low-calorie whole-wheat hamburger buns
- ⅓ cup sliced almonds, toasted
- 2 teaspoons fresh oregano leaves
- 1 teaspoon finely shredded lemon peel
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¾ cup cooked lentils
- 1 egg or 1/4 cup refrigerated or frozen egg product, thawed
- 4 lettuce leaves
- 4 tomato slices

## Preparation

1. Using a large-hole grater, grate carrot and 1/4 onion. In a small skillet heat 2 teaspoons oil over medium heat. Cook and stir grated vegetables, celery and garlic in hot oil for 4 to 5 minutes or until just crisp-tender. Remove from heat; set aside.

2. In a food processor process one of the hamburger buns to coarse crumbs. Measure 1/2 cup crumbs, set aside; discard any remaining crumbs. Return 1/2 cup crumbs to food processor along with almonds, oregano, lemon peel, salt, pepper and half the lentils. Process until finely ground.
3. In a large bowl, whisk egg. Add processed mixture, unprocessed lentils, and cooked carrot mixture; mix until combined. Let mixture stand for 20 minutes. Divide mixture evenly into four portions and roll into balls; flatten with the palms of your hands into 3/4-inch-thick patties.
4. Toast remaining four buns. In a large nonstick skillet heat remaining 3 teaspoons oil. Add burgers, cook over medium heat for 6 to 8 minutes or until crisp and browned and internal temperature reaches 160°F, turning once halfway through cooking time. Serve burgers on toasted bun bottoms and top with lettuce leaves, tomato slices onion slices, and toasted bun tops.

**Nutrition**

Per serving: 274 calories; 31 g carbohydrates; 12 g fat (2 g sat, g mono); 12 g protein; 47 mg cholesterol; 12 g dietary fiber; 386 mg potassium; 372 mg sodium. Nutrition bonus: 2 mg Niacin, 7 mg Vitamin C, 92 µg Folate, 176 mg Calcium, 4 mg Iron, 2881 IU Vitamin A

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