LENTIL FETA BURGERS

Servings: 4
Prep Time: 10 min
Cooking time: 40 minutes

INGREDIENTS

- 2 tbsp. olive oil
- ½ cup finely diced onion
- 1 garlic clove, pressed
- ½ tsp red pepper flakes or cayenne
- Salt and pepper to taste
- ½ cup bread crumbs
- 1 egg
- 2 cups cooked French green lentils
- 1/2 can rinsed/drained white beans
- ¼ cup crumbled feta
- 1 tsp fresh chopped oregano

Tzatziki Dressing

- 1 cup plain Greek yogurt
- 1 clove minced garlic
- 1/2 small cucumber, grated
- 1 tsp olive oil
- 1 tsp lime juice
- Fresh chopped cilantro
- Salt and pepper to taste

PREPARATION

- For Lentils:
  a. Rinse lentils
  b. Bring 4 cups water to boil, add 1 ½ cups rinsed lentils and simmer until tender, approximately 20-25 minutes.
- Sauté onions on medium heat until they begin to brown, then add garlic, red pepper flakes, salt and pepper on low heat until soft
- Gently combine bread crumbs, egg, lentils, white beans, sautéed mix and combine with hands to break up the white beans.
- When mix begins to come together, add feta and oregano and gently form into patties.
- Heat 1-2 tbsp. of oil in a non-stick or well-seasoned pan and sauté the burgers for 3-4 minutes per side to brown.
- Can finish these burgers in a 325 degree oven for 5-10 minutes.

Dressing:

Whisk all ingredients together.

KITCHEN GEAR

- Bowl/Spatula
- Medium Saucepan
- Strainer
- Sauté Pan/Fish Spatula
- Cutting Board/Knife
- Whisk with bowl

TECHNIQUES AND TIPS

CUISINE: Greek

COST: $4.75/16 patties
$1.59 Dressing

TECHNIQUES:

DIETITIAN TIPS:

- Any creamy bean can be substituted for white beans.
- Brown lentils will work but don't hold their shape as well.

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Nutrition Facts

Serving Size 1 serving (84g)
Servings Per Container 1

Amount Per Serving

Calories 90	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat .5g	**4%**
Trans Fat	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	**0%**
Sodium 250mg	**11%**
Potassium 15mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 3g	

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Thiamin 0%	• Riboflavin 0%
Niacin 0%	• Vitamin B6 0%
Folacin 0%	• Vitamin B12 0%
Phosphorus 0%	• Zinc 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Tzatziki Dressing

Servings per Recipe: 6
Amount per Serving
Calories: 11.9

Total Fat: 0.8 g

Cholesterol: 0.0 mg

Sodium: 0.7 mg

Total Carbs: 1.3 g

Dietary Fiber: 0.2 g

Protein: 0.2 g