

Black Lentil Burgers

Black lentils are also known as beluga lentils. They are high in protein and fiber and a great source of iron, folic acid, thiamine, and minerals. Diets high in legumes like lentils reduce one's risk of developing diabetes and cardiovascular disease. Black lentils have a denser texture and richer flavor than the more common brown lentils. These burgers make a delicious and wholesome dinner, served on a whole grain bun with a side salad or with baked sweet potato fries. They also make a great high protein snack when reheated the next day and eaten without the bun. My 2 year old loves them this way.

Makes 8 burgers.

3 cups cooked black lentils
4 large eggs
1/2 teaspoon fine-grain sea salt
1 onion, finely chopped
1 tablespoon olive oil
1 cup toasted fine (whole-grain) bread crumbs
1 tablespoon extra-virgin olive oil

Smash the lentils in a food processor, by hand with a fork or with an immersion blender. Leave some lentils whole. Heat a sauté pan over medium heat. Add oil when pan is hot and then add onions. Cook onions until soft and translucent. Mix lentils with eggs, and salt. Stir in the onion. Bread crumbs can be made by tossing two pieces of toast into a blender and mixing into fine crumbs. Add the breadcrumbs, stir, and let sit for a couple of minutes so the crumbs can absorb some of the moisture. Form into 1 inch thick patties.

Heat the oil in a heavy skillet over medium heat, add 4 patties, cover, and cook for 7 to 8 minutes, until the bottoms begin to brown. Flip the patties and cook the second side for 7 minutes, or until golden. Remove from the skillet and serve on a whole grain bun with your favorite toppings.