Hearty Lentil Walnut Burgers

Makes 8 burgers

A satisfying, protein-rich veggie burger with deep smoky flavour and hearty texture.

Ingredients:

- 2 cups cooked green or brown lentils
- 1 cup ground walnuts
- 1/2 cup cooked and cooled oats or quinoa
- 1 medium onion, diced
- 3 cloves garlic, minced
- ¼ cup ground flaxseed
- 3 tbsp nutritional yeast
- 3 tbsp tomato paste or BBQ sauce
- 1 ½ tbsp tamari
- 1 tsp smoked paprika
- 1 tsp ground cumin
- Pepper to taste



Instructions:

1. Mash lentils in a large bowl, leaving some texture. Add walnuts, oats or quinoa, onion, garlic, ground flax, nutritional yeast, tomato paste or BBQ sauce, tamari, paprika, cumin, and pepper. Mix well.
2. Form into 8 patties. If the dough is too wet, refrigerate it for an hour or more or add 2 tablespoons of chickpea or other flour.
3. Preheat grill to medium. Grill patties on a grill mat or BBQ tray for about 7-10 minutes per side, or until nicely browned.
4. Serve on whole grain buns with your favourite toppings or with mushroom gravy, grilled potatoes, and grilled vegetables.