



Veggie Burgers

Makes 5 servings

Preparation Time: 10 min

Cooking Time: 10 min

Veggie burgers are a tasty and inexpensive substitute for meat patties. You'll be surprised by how similar the flavor is. The addition of bread crumbs and cheese makes these burgers a complete protein.

Ingredients

1 can (19 oz/540 ml) brown lentils, drained and rinsed

1 2/3 cup dry bread crumbs

1/4 cup finely chopped onion

1/4 cup finely chopped celery

1/2 tsp salt

1/2 tsp freshly ground black pepper

1 tsp Worcestershire sauce

1 tbsp vegetable oil

1/2 cup shredded Cheddar or Swiss cheese

Instructions

Step 1: In a large bowl, mash lentils. Stir in bread crumbs, onion, celery, salt, pepper, 1/2 cup (75 mL) water and Worcestershire sauce until well blended. Form into five 3/4-inch (2 cm) thick patties.

Step 2: In a skillet, heat oil over medium heat. Cook burgers for about 5 minutes per side or until browned on both sides. Top each with cheese.