



Lentil Patties

Makes 8 patties

2 cups cooked lentils
1 cup cooked brown rice
1 large garlic clove – halved
2 chipotles in adobo
2 scallions – white, light green and dark green parts chopped
1 TBS chopped cilantro leaves
A pinch of ground cloves
1/2 tsp. ground cumin
1/4 cup raw pepitas (pumpkin seeds) or chopped walnuts
Salt & pepper
Olive oil

OPTIONAL TOPPING:

1 avocado – peeled and cubed
1 tomato – cubed
1/2 TBS of chopped cilantro
Lemon juice
Salt and pepper
Lemon wedges

Place 1 cup of lentils and 1/2 cup of rice in a large bowl.

Place the remaining lentils and rice in a food processor. Add the garlic and chipotles and process into a puree. Add the puree to the bowl with the lentils and rice. Add the scallions, the cilantro, the ground cloves, the ground cumin and the pepitas or walnuts. Add salt and pepper to taste and mix well. Form eight patties. If your patties are too wet go ahead and add a little more cooked rice. Place the patties in the fridge for about 30 minutes before cooking.

Prepare your topping while the patties are chilling simply by mixing the avocado, tomato and cilantro in a bowl. Add lemon juice, salt and pepper to taste and carefully mix.

Heat some olive oil in a pan and start cooking the patties. Brown the bottom and carefully flip. Brown the other side. This should take about three minutes in total. Top with the avocado and serve with lemon wedges on the side.

2 patties - CALORIES 296.15; FAT 11.49 grs (sat 1.77; mono 5.77; poly 2.91); PROTEIN 14.05 grs ;
FIBER 12.26 grs; CARBS 37.93 grs; CHOLESTEROL 0.00 mg; IRON 4.94 mg; SODIUM 592.61 mg;
CALCIUM 48.27 mg

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