



Lettuce Wrap Lentil Beet Burgers

6 servings

1 hour 15 minutes

Ingredients

4 Beet (medium-size, peeled, cut into small cubes)
1 cup Lentils (cooked, rinsed)
1/2 cup Walnuts (roughly chopped)
1/2 cup Parsley (chopped)
1/4 cup Ground Flax Seed
1/2 tsp Sea Salt
2 Garlic (clove, minced)
2 Avocado (sliced)
1 head Romaine Hearts (leave separated)

Directions

- 1 Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 4 Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
- 5 To serve, top the burger patties with sliced avocado and use a few leaves of lettuce as a bun. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to one month. Enjoy cold or reheat on the stovetop.

Serving Size: One serving is one burger patty.

Nut-Free: Omit the walnuts.

Additional Toppings: Top the patty with your favourite burger toppings.

Lentils: This recipe was created and tested using canned brown lentils.

Beets: Four medium beets are equal to approximately 2 1/2 cups of cubed beets.