



# VEGGIE BURGERS

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 5

## INGREDIENTS

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

2/3 cup (150 mL) dry bread crumbs

1/4 cup (60 mL) finely chopped onion

1/4 cup (60 mL) finely chopped celery

1/2 tsp (2 mL) salt

1/2 tsp (2 mL) freshly ground black pepper

1 tsp (5 mL) Worcestershire sauce

1 tbsp (15 mL) vegetable oil

1/2 cup (125 mL) shredded Cheddar or Swiss cheese

## INSTRUCTIONS

### STEP 1

In a large bowl, mash lentils. Stir in bread crumbs, onion, celery, salt, pepper, 1/3 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.

Find all 15 feature recipes at [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)



OFFICIAL SPONSORS:



Get inspired with recipe ideas from **Cookspiration**.



©Dietitians of Canada. 2018. Permission to reprint in its entirety. For noncommercial use only.