

Lentil and Brown Rice Burgers with Baked Fries

Lentil and Brown Rice Burgers

Yield: 12-14 patties

1 cup green lentils
1 cup brown rice
4 cups water

1 cup onion, diced
2 carrots, minced or shredded
1 celery stalk, minced or shredded
1 garlic clove, pressed

1 slice whole grain bread
1 tablespoon lemon or lime juice
½ teaspoon cumin
½ teaspoon coriander
6 teaspoons dried parsley
1 teaspoon sea salt

Bring lentils, rice and water to a boil. Lower heat and simmer – covered – for 45-50 minutes. Let cool.

In two to three batches, place lentils, rice, and bread in food processor and grind until finely chopped. Squeeze some between your fingers; it should stick together. In a large bowl, combine lentil/rice mixture with vegetables and herbs and mix in with your hands. Form into patties.

Brown on both sides over medium-high heat in a lightly oiled pan or bake 15 minutes per side in a 350 degree oven. Freeze extra patties for future use. Serve on whole wheat buns with lettuce and tomato or as individual patties.

Baked French Fries

Serves 4

5-6 or 1 ½ - 2 pounds of potatoes, cut into “French Fry” shape
1-2 T oil
½ t paprika
½ t salt

Mix oil, paprika and salt with potatoes. Arrange on baking sheet (you may need two) so they are not touching. Bake at 450 for 30 minutes turning over half way through.

For more information see: www.e2se.org