

Curry Lentil Quinoa Burger

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1/2 cup

Equipment: cutting board, knife, baking sheet, parchment paper (optional), medium pot with lid, spoon, measuring cup

Ingredients

1 cup quinoa
1/2 cup red lentils
1/4 cup old-fashioned rolled oats
3 1/2 cup water
2 tsp curry powder
1 tsp ground cumin
1 tsp sweet or smoked paprika
1/4 cup chives, chopped
1/4-1/2 cup fresh cilantro or parsley, chopped
To taste, salt and black pepper
1 tbsp extra-virgin olive oil

Instructions

1. Preheat oven to 425F. Line baking sheet with parchment paper.
2. In a medium pot, combine quinoa, lentils, oats, and water. Bring to a boil then reduce heat to low, add curry, cumin, and paprika. Cover with lid and simmer 20 minutes or until water is absorbed.
3. Stir in herbs, salt, pepper, and olive oil. Taste and adjust seasoning as needed.
4. Allow mixture to cool enough to handle.
5. Using a 1/2 cup measuring cup, portion the mixture into balls and form patties with your hands.
6. Place patties on baking sheet and bake 15 minutes, flip, then bake another 15 minutes until golden and crusty.
7. Remove from oven and serve.



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Why We Like This Recipe

Yummy! Homemade, minimally processed, low-sodium, high flavor, batch perfection, satisfying, beautiful, high fiber, low fuss.

Chef's Notes:

- Serve with your favorite chimichurri or dipping sauce and pair with roasted vegetables. Use or freeze within 7 days.
- These "burgers" have a texture similar to falafel and can be used as a plant-based substitute for many dishes calling for meat patties or meat balls.

Nutrition Notes:

- This burger is gluten free and utilizes the starch of red lentils to hold it together instead of gums or processed starch.
- The combination of heart healthy, unsaturated fat and fat-soluble phytonutrients (plant compounds) come together for optimal nutrient absorption

Gardener's Notes:

- *Chenopodium quinoa* (Quinoa "keen-wah") is native to the Andean region of South America and considered an "ancient grain" cultivated for thousands of years. Unlike some plant proteins, Quinoa seeds have complete protein containing all nine essential amino acids.



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