

Lentil Burgers

Ingredients

1 cup dry lentils
4 cups cold water
1 small potato, peeled and shredded
1 carrot, peeled and shredded
2 Tablespoons finely chopped onion
2 eggs or soy egg substitute

Method

Wash lentils and place in a heavy three-quart saucepan. Cover with cold water and bring to boil. Lower heat to simmer uncovered for twenty minutes. When lentils are tender pour into a colander and rinse well with cold water. Drain well. Place back into saucepan and add remaining ingredients. Stir well. Heat griddle over medium-high heat and spray or lightly oil. Using about one-third cup lentil mixture, pour onto hot griddle and form into a four inch burger with the back of a spoon. Cook until very crisp, about three minutes. Carefully turn over and cook other side. Remove burger is crisp. Serve hot on prepared buns. Yields eight lentil burgers.