

Megan's Lentil-Walnut Burgers

(adapted from Mollie Katzen's *Moosewood Cookbook*)

Ingredients

- 1 package cooked lentils (such as Trader Joe's 17.6-ounce package)
- 2 tablespoons cider vinegar (or red wine vinegar)
- 1 tablespoon olive oil, plus more for cooking patties
- 1 cup finely minced onion
- 4 to 5 large cloves garlic, minced
- ½ pound fresh spinach, finely minced
- ½ cup very finely minced walnuts
- 1 teaspoon salt
- 1 teaspoon dry mustard
- ½ teaspoon black pepper
- ½ cup bread crumbs

Directions

Place lentils and vinegar in a bowl and mash (the bottom of a cup works well). Heat oil in a medium-sized skillet. Add onions and sauté over medium heat for about 5 minutes. Add garlic, spinach, walnuts, and spices (but not breadcrumbs) and sauté 8 to 10 more minutes, until all the vegetables are tender. Add the sauté and the breadcrumbs to the mashed lentils and mix well. Chill for at least an hour. Then form 4-inch-diameter burgers: about ½ cup each or slightly smaller will make 7 or 8 burgers. You can also make smaller burgers if you choose.

To prepare, fry burgers in a small amount of hot oil for a few minutes on each side, so that they are heated through and crispy on the outside. Patties may need coaxing to maintain their shape. Serve on fresh buns with your favorite burger toppings.

Notes

These burgers will freeze very well. Wrap in plastic wrap and freeze on a cookie sheet (to maintain shape), then transfer to a freezer bag. When ready to use, defrost a few hours in the refrigerator if you have time, or cook from frozen. Fry over a lower heat, covered, to help the burger defrost. Turn up the heat at the end to crisp them up.

If cooking on a grill, be careful that these don't fall between the grates! Try cooking over a veggie grill basket or something similar.

The original *Moosewood* recipe offers instructions for cooking dry lentils: Place ¾ cup of lentils and 1½ cups water in a small saucepan and bring to a boil. Lower heat and simmer, partially covered, for about 30 minutes, or until the lentils are soft and the liquid is gone. The original recipe also includes mushrooms.