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Lentil Burgers With Mashed Avocado

Prep Time: 45 min. Cook Time: 30 min.

Makes 4 Servings

Serving Size: 1 burger

If you've tried those poor little frozen meatless patties before, you may think there's no hope for "veggie burgers." But these veggie burgers are infused with layers of great flavor, including tangy goat cheese, so you won't be left wondering, "Where's the beef?" Full of protein, fiber, vitamins, and minerals, lentils are a nutritional treasure trove. And if you want to skip some starchy carbs, ditch the bun. This recipe requires a food processor, by the way.

Ingredients

1 cup dried green lentils

2/3 cup quick-cook oats

1/3 cup chopped sun-dried tomatoes

1/3 cup chopped walnuts

2 garlic cloves, minced

1 tbsp Dijon mustard

3/4 tsp cumin powder

1/4 tsp salt

1/4 tsp black pepper

1/2 cup crumbled soft goat cheese

1 avocado

1/4 cup Greek yogurt

Juice of 1/2 lime

1/2 tsp chili powder

Optional: Hamburger toppings such as tomato slices, lettuce, mustard, mayonnaise, and cheese.

Directions

1. Place lentils in a medium saucepan with 4 cups water. Bring to a boil, reduce heat, and simmer until lentils are tender, about 20 minutes. Drain lentils and set aside to cool.
2. Spoon lentils into a food processor and pulse several times until most of the lentils have broken down but are not completely smooth—you want the lentil mixture to be slightly chunky.
3. Add oats, sun-dried tomatoes, walnuts, garlic, mustard, cumin, salt, and black pepper; pulse until well combined. Gently stir in goat cheese. Form mixture into four equal-sized patties and chill for 30 minutes.
4. Build a medium-hot fire in a charcoal grill, or heat a gas grill to medium-high. Brush burgers and grill grates with oil. Grill burgers for 4 minutes per side, or until they've developed a crispy crust.
5. In a bowl, mash the avocado flesh. Stir in yogurt, lime juice, chili powder, and a pinch of salt.
6. Serve lentil burgers topped with mashed avocado mixture.