



## Lentil Burgers

As good as a hamburger any day, if not better. Don't skip the dill sauce, it's important to the flavor and texture of these burgers.

### Ingredients:

- 14.5-ounce can of lentils, drained and rinsed
- 1 large egg
- 1/3 cup thinly sliced green onions, green part only
- ½ cup finely chopped carrots
- ½ cup quick-cooking oats
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 2 tablespoon mayonnaise
- 2 teaspoon garlic-infused oil
- 2 tablespoon fresh dill, finely chopped
- 4 slices fresh tomato

### Procedure:

- Mash the lentils in a medium-sized mixing bowl. Add egg, scallion greens, carrots, oats, salt and pepper. Combine thoroughly and allow to rest for 15 minutes.
- Heat the olive oil in a large iron skillet over medium high heat. When the oil is fragrant and shimmering, spoon the lentil mixture into the pan and form 4 patties about 1/2-inch thick. Turn the heat down to medium low, and cook the patties for 3-4 minutes on each side, until golden brown on the outside and the internal temperature reaches 160° F.
- Combine the mayonnaise, olive oil and dill in a small bowl.
- To serve, plate the warm lentil burger first and top with a tomato slice and a dab of mayonnaise.

Serves: 4

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.