

Lentil Tahini Burgers with Sauerkraut

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
3. Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
4. Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

Serving Size

One serving is equal to one 5- to 6-inch burger patty.

More Flavor

Add cumin and fresh herbs to the lentil tahini mixture.

Additional Toppings

Caramelized onions, feta, sautéed mushrooms and/or avocado.

No Lettuce

Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.

Ingredients

2 2/3 cups Green Lentils (cooked, drained and rinsed)

1/4 cup Tahini

1/2 tsp Sea Salt

1 tbsp Apple Cider Vinegar

1/2 head Green Lettuce (separated into leaves and washed)

1/4 cup Unsweetened Coconut Yogurt

1/2 cup Sauerkraut

Nutrition

Amount per serving

| | | | |
|-----------------|-------|-------------|-------|
| Calories | 254 | Vitamin C | 5mg |
| Fat | 9g | Calcium | 127mg |
| Saturated | 2g | Iron | 6mg |
| Carbs | 31g | Vitamin D | 0IU |
| Fiber | 13g | Vitamin B6 | 0.3mg |
| Sugar | 3g | Folate | 259µg |
| Protein | 15g | Vitamin B12 | 0.2µg |
| Cholesterol | 0mg | Magnesium | 65mg |
| Sodium | 436mg | Zinc | 2mg |
| Potassium | 588mg | Selenium | 9µg |
| Vitamin A | 246IU | | |