

Quinoa, Lentil, and Corn Burgers

Recipe By *Erin Grunstein*



Cooking and Prep:  20
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Serves:  8

Contains:   

Preference: Parve

A delicious parve weeknight dinner for all to enjoy!

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Ingredients (9)

Main ingredients

- 1 cup cooked quinoa
- 1 and 1/2 cups lentils, mashed (I used canned, but you can cook them yourself)
- 1/2 cup corn kernels
- 1 tablespoon smoked paprika
- 1 clove garlic, minced
- 2 tablespoons chopped fresh parsley
- 1 egg

- 1/2 cup seasoned bread crumbs (I used Pereg's sweet chili bread crumbs)
 - 3–4 tablespoons grapeseed oil, for frying
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Start Cooking

Prepare the Burgers

1. Mix together all ingredients except bread crumbs and oil.
2. Form into patties and coat each with breadcrumbs on both sides.
3. Fry in oil on both sides until nicely browned.

Note:

I haven't tried baking them but I would try on a parchment-lined baking sheet and spray with cooking oil.