

Curry Lentil Quinoa Burgers

Ingredients

1 cup uncooked quinoa
1/2 cup dried red lentils
1/4 cup quick-cooking oats or quinoa flakes
1/4 cup chives, chopped
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon sweet or smoked paprika
1/4 to 1/2 cup minced fresh cilantro or parsley
Salt and freshly ground pepper to taste
1 tablespoon extra-virgin olive oil

Makes 8 burgers
Leah Pryor, Chef Educator
Eat to Digest Well, Navigating the World of
Elimination Diet



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Instructions

Step 1. Preheat the oven to 425 degrees.

Step 2. Combine the quinoa, lentils and oats in a medium saucepan with 3 1/2 cups water. Bring to a rapid simmer; then add curry powder, cumin, and paprika as the water is heating up.

Step 3. Simmer gently until the water is absorbed and the quinoa and lentils are done, about 15 minutes. Stir in the cilantro and chives, then season salt, and pepper. Stir in the olive oil for added richness.

Step 4. Line a baking sheet with parchment paper. Take a 1/2-cup measure of the quinoa lentil blend and shape into burgers once they're on the parchment paper.

Step 5. Bake for 15 minutes, then carefully flip each burger and bake an additional 15 minutes, or until golden and firm on each side. Remove from the oven and serve the burgers on their own or with the bread of your choice.