

Eggplant, Quinoa and Lentil Burgers

Prep time: Approx. 25 mins

Cook Time: Approx. 30 mins

Servings: About 6

Ingredients

- 2 large eggplants (any variety) *You will need approx. 1.5 cups of mashed
- eggplant
- 1 cup Quinoa
- 1 cup of cooked and drained lentils (follow the cooking directions on the package). You can substitute lentils for yellow or green split peas or canned and drained garbanzo or black beans.
- 1 teaspoon salt
- 1 teaspoon turmeric
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chili flakes
- 1/2 cup red bell pepper
- 1/2 cup celery
- 1/2 cup walnuts (chopped)
- 1/4 cup of potato starch or tapioca starch
- Panko bread crumbs

Directions

1. Cut eggplant in half (lengthwise) and place cut sides down on a baking sheet pan with greased parchment paper. Bake with or without skin at 350-400 degrees and approx. 20-25 mins (use a fork to check for tenderness after 15 mins). Eggplant needs to be completely tender.
2. Mix all of the above mentioned ingredients together in a large bowl EXCEPT for the Panko bread crumbs. Stir mixture until smooth.
3. Form the mixture into patties (size can be variable).
4. Each side of the patties will be dipped into Panko bread crumbs.
5. Place each patty into the frying pan that has been generously coated with cooking oil.
6. Fry on medium heat until each side is golden brown (approx. 5 mins each side).