

Baked Red Lentil Patties

Ingredients

- 1 cup red lentils, rinsed
- 1 cup quinoa, rinsed
- 1 shallot, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 cups cremini mushrooms, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon sea salt
- freshly ground pepper to taste
- 1 Tablespoon tamari
- 2 Tablespoons tomato paste
- 1/4 cup ground flax seeds
- 1 egg
- 1/2 cup chopped scallions
- 1/4 cup chopped cilantro or parsley
- cooking spray oil or extra olive oil

Directions

1. Bring 3 cups of water to a boil. Add lentils and quinoa, bring to a boil and then simmer for 15 minutes. Drain and set aside to cool.
2. Saute shallot in olive oil for 2 minutes, until starting to soften. Add mushrooms and cook until soft and juices are released, about 5 minutes. Add garlic and saute another minute until juices are absorbed. Add spices, salt and pepper, and let cool completely.
3. Combine lentils, quinoa and mushroom mixture. Add tamari, tomato paste, flax, egg, scallions, and herbs.
4. Scoop patties using 1/4 cup measure and place on parchment lined baking sheet with cooking spray. Refrigerate for 30 minutes.

5. Pre-heat oven to 400 degrees F. Spray the patties with cooking spray or brush with olive oil. Bake lentil patties for 25-30 minutes.

Recipe adapted from www.greennapkinnutrition.com