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EASY 6-INGREDIENT LENTIL BURGERS (Makes 12)

1½ cups dried red lentils
2 large cloves garlic, minced
1 large shallot or 1 small onion, small dice
1/3 cup grated carrot
1 tbsp tomato paste*
1/4 cup chopped fresh cilantro
1 tsp salt or to taste
1/2 tsp grated black pepper

Preheat the oven to 400 degrees F, about 10 minutes before you plan to cook the burgers.

Soak the red lentils in enough water to cover by about 2 inches, for 2 hours. Drain well.

Squeeze the grated carrots between paper towels to remove excess liquid.

Add all the ingredients to the bowl of a food processor. Pulse until the ingredients are combined and hold together when squeezed with your hand. Do not overdo. The mix will feel a bit sticky but don't panic. The texture changes when they are cooked.

Using a 1/4 cup measurement for each, form 12 equal-sized patties. Bake on a large nonstick baking sheet in a single layer at 400 degrees for 10 minutes. Enjoy!

*Editor's note: You can substitute ketchup for the tomato paste.

Serving suggestions: Serve with a bun and desired toppings; a side salad; and/or oven-roasted potatoes.







Cooking for Peanuts is the site of Nisha Melvani, a Registered Dietitian and graduate of the Natural Gourmet Institute, now part of the Institute of Culinary Education in New York. She says "I design my recipes to be pantry-friendly, healthful, and enjoyable for the whole family."

With some recipes, two options are given, an oil-free option and one using oil.

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EASY, AFFORDABLE & DELICIOUS VEGAN DINNERS