

Baked Lentil Mushroom Burgers

Ingredients

1

LeafSide Creamy Forest Mushroom savory bowl

1 can (15 oz)

white beans
(cannellini or great northern) (recommend unsalted)

1 1/2 cups

rolled oats

2 tablespoons

tamari *(recommend reduced sodium)*

1 tablespoon

tomato paste
(recommend unsalted)

1 tablespoon

tahini *(recommend unsalted roasted garlic)*

1 teaspoon

smoked paprika

1 teaspoon

onion powder

Satisfy your burger craving without guilt or grease! Three types of robust mushrooms and two kinds of tender legumes provide protection against heart disease & cancer. These baked beauties abound in B vitamins, along with ergothioneine & glutathione, two antioxidants that help counteract the visible signs of aging. Get these delicious, healthy burgers in your belly stat!

Makes 6 Burgers

PREP TIME: 20 minutes • COOK TIME: 12 minutes

wheat free

◇ Tools Needed: oven, parchment paper, baking sheet

1. Prepare LeafSide's Creamy Forest Mushroom savory bowl as directed.
2. While that steeps, mash drained beans in a large bowl.
3. Add the following to the mashed beans & mix well: oats, tamari, tomato paste, tahini, smoked paprika, & onion powder.
4. When LeafSide meal is ready, add that to bean mixture and stir thoroughly.
5. Preheat oven to 375 & form patties from mixture; place on parchment lined (or silicone mat) baking sheet (mixture will be a bit sticky).
6. Bake for 6 minutes, flip, and bake another 6 minutes.

Other suggested additions to the mixture: garlic - fresh or powder, fresh Italian parsley, chopped walnuts, fresh onion

Condiments/toppings: mustard, ketchup, tomatoes, onions, pickles, avocado, lettuce, hummus, BBQ sauce

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Unique Whole Plant Foods



A pastry cutter works well for mashing beans, but you can also use a potato masher or the backside of a fork.

Super Seed Sauce

Usually sesame seeds just hide out in our bread, but when you grind a bunch of them together, you get tahini: a rich, creamy, and delicious sauce that's actually healthy! They have plenty of micronutrients and, like other whole plant fats, can help the absorption of vitamins and phytonutrients from greens and other foods. Their lignans are anti-cancer, and sesame/tahini also has demonstrated anti-inflammatory abilities, as well as lowering cholesterol. Try it with salads, grain bowls, toast, or anywhere a satisfying spread is needed.

(Reference: <https://nutritionfacts.org/topics/sesame-seeds/>)