



## Lettuce Wrapped Lentil Sweet Potato Burger

Makes 6 Burgers

$\frac{3}{4}$  cup French or green lentils or 2 cups canned organic lentils

1 bay leaf

$\frac{1}{2}$  tsp dried thyme

2 cups water

2 Tb coconut oil

1 cup cooked organic sweet potatoes

1 cup zucchini, chopped

$\frac{1}{4}$  cup chopped yellow onion

2 cloves garlic, minced

2 tsp ground cumin

$\frac{1}{2}$  tsp Celtic sea salt

$\frac{1}{2}$  tsp ground fennel

$\frac{1}{4}$  tsp black pepper

Vegan Egg = 1 Tb chia seed soaked in 4 Tb water for 30 minutes

Green leaf lettuce for wrapping: Butter, Boston or Bibb lettuce all work great

### **Optional Toppings for Your Burgers:**

avocado

red onion

green onion

sprouts

tomato slices

- To cook the lentils, put lentils into a pot with water, bay leaf and dried thyme. Bring to a boil, cover and simmer on low for 25-30 minutes until soft. Drain.

If using canned lentils start here:

- Preheat oven to 400 degrees.
- Heat coconut oil in a large sauté pan. Add onion sauté 5 minutes until soft. Add garlic and zucchini. Sauté 5 minutes until is tender. Let cool.
- Place in a food processor with sweet potato and "egg". Pulse to mix.
- Add lentils and pulse until well mixed.
- Form into 6 patties
- Oil a rimmed baking sheet. Place patties on sheet and bake 10 minutes until brown on the bottom. Turn the patties over and bake another 10 minutes until done. The burgers should be golden brown and not breaking apart.
- Remove from the pan and let cool on a cooling rack for just a couple minutes.
- Place the burgers on top of the lettuce and finish with any extra toppings that you'd like. Drizzle with [Tahini Ginger Dressing](#) or Cumin Sunflower Seed Dressing overtop and enjoy.