



These lentil patties are filling and taste great with a garden salad. The yogurt topping is a perfect finish. If you like more spice increase the jalapeno pepper.

Smoky Lentil Patties

2 cups cooked Fieldstone Organics Green Lentils
½ cup bread crumbs
1 egg
2 green onions or ¼ cup red onions
1 clove garlic, minced
¼ tsp cumin and sea salt
Freshly ground pepper
1 tsp smoked paprika
1 diced jalapeno



Rinse ¾ cup dry lentils and place in pot to cook with 2 ¼ cups water. Cook until soft. Approximately 20 minutes.

Drain excess water and place cooked lentils in food processor with all ingredients listed above.

Once blended drop by the spoonful onto hot fry pan lightly covered in olive oil. Flatten lentil patties. Cook approximately 2 minutes per side. Serve hot.

Topping

1 c. Plain Greek yogurt
Few leaves of mint, cut
½ tsp lemon zest
¼ tsp cumin, salt & pepper

Enjoy!

