
Smoky Lentil Patty w Fresh Yogurt

Ingredients

- 2 cups Fieldstone Organics Green Lentils
- ½ cup breadcrumbs
- 1 egg
- ½ tsp salt
- 2 green onions or ¼ cup red onions, finely chopped
- 1 clove garlic, minced
- ¼ tsp cumin
- Sea salt & freshly ground pepper to taste
- 1 tsp smoked paprika
- 1 jalapeño, diced

Yogurt Topping

- 1 cup plain Greek yogurt
- Fresh mint, chopped
- ½ tsp lemon zest
- ¼ tsp cumin, salt & pepper

Mix and spoon over warm patties.

Method

Rinse ¾ cup dry lentils and cook with 2¼ cups water until soft (about 20 minutes). Drain well. Add cooked lentils to a food processor with all ingredients and blend until combined. Drop spoonfuls into a lightly oiled frying pan, flatten into patties.

Cook about 2 minutes per side, until golden and heated through. Serve hot.

