

# Lentil Burgers

## things you need

4 cups  
dry lentils or 19 oz can

2/3 cup  
rolled oats

1/4 cup  
onion, finely chopped

1/4 cup  
celery, finely chopped

1/2 cup  
water

1 tsp  
Worcestershire sauce

1 tsp  
garlic powder

1/4 tsp each  
salt and pepper

## here's how

1. If using dry lentils, boil them for 10 minutes or until soft; drain.
2. Mash lentils in large bowl. Stir in oats, onions, celery, water, Worcestershire sauce, garlic powder and salt. Mix well.
3. Shape into 4 patties. Chill for 20-30 minutes.
4. Put oil in large frying pan. Fry until golden brown on both sides.