

Powerhouse Veggie Burgers

#dinner #lunch #eggfree #vegetarian #vegan #glutenfree #dairyfree #barbecue #anticandida #nightshade-free

 10 ingredients  1 hour  9 servings

Directions

1. Heat a large skillet over medium heat and add olive oil. Add the onion and saute until translucent. Add the garlic and saute for another minute. Add the carrot and zucchini and saute for 5 minutes or until softened. Remove from heat and set aside.
2. In a food processor combine lentils, sunflower seeds, turmeric and tamari. Blend until smooth and transfer to a large mixing bowl.
3. Transfer the cooked veggies to the mixing bowl and add your almond flour. Mix well with a spatula.
4. Preheat oven to 350 and line a baking sheet with parchment paper.
5. Divide the mixture into even patties and transfer onto the baking sheet. (Note: If the dough is too wet, you may need to adjust the amount of almond flour or let it sit in the fridge for 10 - 20 minutes so it will firm up.)
6. Bake in the oven for 60 minutes, flipping halfway through.
7. Remove burgers from oven. Serve on a bed of greens or in a lettuce wrap with your burger toppings of choice. Enjoy!

Notes

Skip the Oven Fry the patties in a skillet or grill them on the barbecue.

Toppings Avocado, tomato, dijon mustard, goat cheese, feta cheese, sprouts, spinach, lettuce or pickles.

Bun Alternatives Grilled eggplant slices, lettuce wraps, cauliflower steaks or portobello mushroom caps.

Leftovers Store in the freezer in an airtight container. Defrost on the counter and place back in the oven to crisp up when ready to eat.

Ingredients

- **1 tbsp** Extra Virgin Olive Oil
- **1** Sweet Onion (finely diced)
- **2** Garlic (cloves, minced)
- **1** Carrot (grated)
- **1** Zucchini (grated)
- **1 can** Green Lentils (drained and rinsed)
- **1 cup** Sunflower Seeds
- **1 tsp** Turmeric
- **1/4 cup** Tamari
- **3/4 cup** Almond Flour

232 Calories

