

Smoked Cheddar & Lentil Burgers

SOURCE: AOL's Cooking Light- 06/06/03 - Copy Chief Maria Hopkins

INGREDIENTS:

2 1/2 C water	1 C dried lentils
2 Bay leaves	1 tsp olive oil
1 C finely chopped onion	1/2 C finely chopped carrot
1 C (4 oz) shredded smoked cheddar cheese	1/2 C dry breadcrumbs
2 TBS chopped fresh thyme	1 1/4 tsp salt
3/4 tsp garlic powder	3/4 tsp paprika
1/2 tsp freshly ground black pepper	1/4 tsp ground red pepper
3 large egg whites, lightly beaten	Cooking spray
8 (2-oz) whole wheat sandwich buns, toasted	8 tsp stone-ground mustard
8 (1/4"-thick) slices tomato	2 C trimmed arugula

INSTRUCTIONS:

Place first 3 ingredients in medium saucepan - bring to boil. Cover, reduce heat & simmer 30 minutes or till tender; drain. Discard bay leaves. Place lentils in large bowl; partially mash with potato masher. Cool slightly.

Heat oil in medium nonstick skillet over medium-high heat. Add onion & carrot; sauté 5 minutes or till tender. Cool slightly. Add onion mixture, cheese + next 8 ingredients (cheese through egg whites) to lentils; stir well to combine - cover/chill 45 minutes. Divide mixture into 8 equal portions, shaping each into a 1/2"-thick patty.

Heat grill pan coated with cooking spray over medium-high heat. Add half of patties & cook 5 minutes on each side or till done. Repeat procedure with remaining patties. Spread 1 tsp mustard on top half of each bun. Place 1 patty on bottom half of each bun - top each serving with 1 tomato slice, 1/4 C arugula + top half of bun.

YIELD: 8 servings

[NUTRITIONAL INFO: CALORIES 354 (22% from fat); FAT 8.8g (sat 3.5g, mono 2.4g, poly 2g); PROTEIN 19.3g; CARB 50.7g; FIBER 9.8g; CHOL 15mg; IRON 5mg; SODIUM 893mg; CALC 226mg]