

Ingredients

Preparation time: 60 minutes

Servings: 12

- 1 cup dried green lentils
- 1 tsp. dried parsley
- 3 minced garlic cloves
- 1 ¼ cup chopped onions
- ¾ cup chopped walnuts
- 2 cups panko bread crumbs
- ½ cup ground flaxseeds
- 3 cups finely chopped mushrooms
- 1 ½ cups finely chopped kale
- 2 Tbsp. Dijon mustard
- 3 Tbsp. balsamic vinegar

Optional:
sliced Swiss cheese

Directions

1. In a medium-sized pot, bring 2 ¼ cups of water to a boil. Add lentils, parsley, garlic (1 clove), and onion (¼ cup). Simmer for 30-45 minutes. Remove from heat, add Dijon mustard and balsamic vinegar, and mash together.
2. Combine walnuts, bread crumbs, and flaxseeds in a small bowl. Set aside.
3. In a pan greased with olive oil, sauté onion (1 cup), garlic (2 cloves), mushroom, and kale for 8 – 10 minutes. Set aside and cool slightly.
4. Mix all ingredients together and chill in fridge.
5. Form patties very firmly, then pan-fry until browned and crispy on both sides (about 5 minutes per side).
6. Serve on a toasted wheat bun, in a pita, or on top of a bed of mixed greens.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Lentil Mushroom Burger	
Amount	1 burger (+1 slice cheese)
Calories	222 (320)
Fat (g)	8 (16)
Sat. Fat (g)	0 (4.5)
Carb. (g)	28 (28)
Fiber (g)	5 (5)
Protein (g)	9 (17)
Vegan	

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Cooking Tip

These nutrient-filled patties are a great alternative to your standard beef or turkey burger. They provide a balanced source of healthy fats, veggies, fiber, and protein. Made without cheese, it becomes a nice vegan burger. Build your plate with baked sweet potato fries or kale chips and a side salad for a colorful meal!

Performance Facts

Lentils are legumes which is related to the bean family, and they provide complex carbohydrates which deliver slow and constant energy, great for prolonged exercise. Mushrooms are flavorful “umami” (meaty) ingredients that are rich in copper and potassium. Copper plays an important role in red blood cell production while potassium is important for fluid balance and hydration.