



**USOC**  
SPORTS NUTRITION

## Weekly Recipe: Lentil Mushroom Burger

Have you ever tried making a homemade veggie burger? If not, this is a great recipe to start with! 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. Because this recipe makes 12 burgers, it could be a fun and inexpensive meal to make as a team. An alternative option is to prepare a batch and freeze half for later in the month. Build your plate with baked sweet potato fries or kale chips and a side salad for a colorful meal!

### Ingredients:

*Makes about 12 burgers*

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

*Optional* sliced swiss cheese

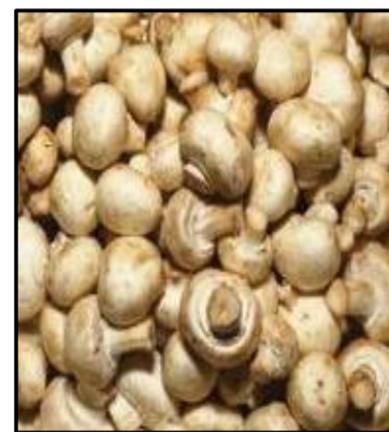
### Directions:

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

#### Lentil Mushroom Burger

Amount	1 burger (with 1 slice of swiss 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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These veggie burgers provide loads of sport performance benefits. Lentils have long been a staple in South Asian diets because they have a way of providing their own nutty richness to the dishes they are a part of while at the same time absorbing and blending all flavors- making it the perfect base for this burger. Lentils are also an excellent source of vegetarian protein which helps with muscle repair and recovery after training. Because lentils are legumes, meaning in the bean family, they provide complex carbohydrates which deliver the slow and constant energy ideal for prolonged exercise.

Mushrooms are a flavorful ingredient as well as being rich in copper and potassium. Copper plays an important role in red blood cell production while potassium is important to fluid balance. They provide the full and savory taste of umami which makes it so you won't even realize the burger you are savoring is meat free. These fungi have also been shown to have properties that increase metabolism and decrease inflammation.

