

Sprouted Lentil & Quinoa Burger

Yield: 4 Servings

Ingredients

1 cup	green lentils, sprouted
¼ cup	red quinoa, sprouted
½ cup	white mushrooms
½ cup	shiitake mushrooms
1 stalk	celery, chopped fine
1 each	carrot, chopped fine
1 each	onion, chopped fine
2 cloves	garlic, chopped
2-tablespoons	parsley, chopped
2-teaspoons	sea salt
1-teaspoon	cumin
½ -teaspoon	smoked paprika
¼ -teaspoon	black pepper

Method for sprouting quinoa

1. Rinse quinoa in water to remove the soapy coating known as saponin. Quinoa should always be rinsed before sprouting or cooking.
2. Place quinoa in a jar, soak in cold water for 30 minutes, then rinse and place back in the jar, covered with cheesecloth and secure it with the ring part of the jar top. Keep in a dark cool place.
3. Every 12 hours, add water to the jar, give it a swirl and then drain it out again. Replace the cheesecloth and secure it with the ring part of the jar top. Keeping in a cool dark place.
4. In about 24-36 hours you will start to see tails sprouting,
5. Once quinoa has sprouted, spread them on a paper towel to let them dry out, then store in an airtight container in the fridge. Should last 1 week refrigerated.

Method for sprouting lentils

1. Place the dry lentils in a jar. Add water and let sit overnight in a cool dark place.. Remember that the lentils will eventually almost triple in size so be sure your container is big enough. I used about 2/3 c dry lentils in a 1 quart mason jar and added about 2 cups water and there was plenty of room. I used a piece of cheesecloth and secure it with the ring part of the jar top.
2. Every 12 hours, add water to the jar, give it a swirl and then drain it out again. Replace the cheesecloth and secure it with the ring part of the jar top. Keeping in a cool dark place
3. In about 24-36 hours you will start to see tails sprouting. You should have sprouted lentils in two days.
4. Once lentils have sprouted, spread them on a paper towel to let them dry out a little bit, then store in an airtight container in the fridge.

Method for making Sprouted Burger

1. Chop the onion, carrots and celery finely. Place the mushrooms into the food processor and pulse until they are finely minced. Mince the garlic.
2. Heat a non-stick skillet over medium-high heat. Add the onions and cook until they begin to brown, adding a splash of water if they begin to stick. Stir in the mushrooms and garlic and another splash of water. Cook until the mushrooms soften (about 2-3 minutes), stirring often.
3. When the mushrooms with onions, carrots and celery have softened, transfer them to the food processor with sprouted lentils and quinoa. Pulse until the sprouted lentils and quinoa until they are just combined with the mushrooms. Add all remaining ingredients and pulse to combine well. It's okay if a few lentils remain whole, the mixture should be more sticky than crumbly.
4. Heat a non-stick skillet over medium-high heat and drop ½ cup spoonful of the mix directly in the frying pan.
5. Flatten the patties with the spoon, and shape them while frying. Since the lentils are not cooked, the burgers will hold together beautifully.
6. Fry for about 3-4 minutes on each side until golden brown.
7. Place on a plate with paper towels to absorb some of the oil.
8. Freeze any leftovers for a quick meal

Method for Final Assembly

Place cooked sprouted burger on toasted whole grain roll or lettuce wrap, with a creamy kale-garlic sauce, beet and ginger kraut, fresh bread and butter pickles and micro broccoli sprouts.