

Lentil, Mushroom and Pecan Burgers

3/4 cup chopped pecans or walnuts
canola oil, for cooking with
2 cups mushrooms
1 onion, peeled and chopped
2 cloves garlic, crushed
1 19 oz. (540 mL) can lentils, rinsed and drained
1 tsp. Worcestershire sauce
Salt and pepper

1/2 cup fresh bread crumbs) In a large dry skillet, toast the nuts over medium heat until golden and fragrant. Set them aside. Add the oil to the skillet and sauté the mushrooms and onion for about 5 minutes, until starting to turn golden. Add the garlic and cook for another minute.

Put the mushrooms and onion in the bowl of a food processor along with the lentils, Worcestershire, salt and pepper and pulse just until the mixture is blended. Transfer it to a bowl and stir in the bread crumbs and pecans.

Shape the mixture into patties and fry them in a little oil in the same skillet set over medium heat. Cook until they're golden and crusty on both sides, flipping them as you need to.

Makes 6 burgers.