

## Heart Healthy Burgers

<b>COURSE TYPE</b>	Main dish
<b>PREPARATION TIME</b>	10 min.
<b>COOKING TIME</b>	10 min.
<b>MARINATING TIME</b>	-
<b>SERVINGS</b>	4
<b>CONSERVATION TIME</b>	4 days
<b>BEST COMBINED WITH</b>	Side green salad
<b>SPECIAL NOTES</b>	Can also turn make 8 meatballs instead of 4 burger patties.

### INGREDIENTS

<b>AMOUNT</b>	<b>ITEM</b>
200 gr	Lean ground turkey or chicken
1/2 cup	Canned lentils, rinsed and drained
1/4 tsp.	Salt and ground black pepper
1/4 tsp.	Onion powder
1/8 tsp.	Garlic powder
4	Hamburger buns

### PREPARATION

- 1 In a medium-sized bowl, blend turkey/chicken, lentils, salt, pepper, onion and garlic powder by hand.
- 2 Separate mixture into 4 even balls.
- 3 Flatten each part to the thickness you enjoy in a burger.
- 4 Heat skillet over medium heat, add olive oil.  
Add patties and cook for 3-4 minutes each side until golden brown on the edges.
- 5
- 6 Serve with your favorite buns, toppings and condiments.