

## Spinach Burgers with Rice and Lentils

**Rice** – 1 cup cooked – sushi rice works best

**Lentils** – 1 cup cooked

**Frozen Spinach** – 10 oz

**Mushrooms** – 8 oz package

**Eggs** – 2 small

**Bread Crumbs** – 1/4 cup

**Cumin** – 1 tsp.

**Onion Powder** – 1 or 2 tsp.

**Soy Sauce** – 1 T

**Dill** – 1/2 tsp.- optional

**Tomato Paste** – 1 T

**Sunflower Seeds** – 2 T - optional

**Shredded Cheese** – 1/4 cup or to taste

**Oil** – for cooking mushrooms and burgers

The trick to these spinach burgers is getting the ingredients as dry as possible before combining so they will hold together while cooking.

Cook rice and lentils (can be done day ahead). Saute mushrooms in oil. Drain. Warm spinach and wring out with hands.

Combine all ingredients in large bowl and knead together with hands until well blended. It's gooey fun! If your concoction seems to be holding together well without the eggs, you can choose to leave them out.

In large skillet, add enough oil for thin coating to cover pan. On medium to medium-high heat, cook spinach burgers until brown (may take at least 5 minutes on each side to cook egg throughout). More oil may be necessary to brown each side.

Enjoy on your favorite buns!