

## Lentil Patties

These vegan patties are hearty and full of flavor! Using simple, affordable ingredients, this healthy recipe is so easy to make. It costs just \$0.68 per serving—and one serving is FIVE patties! YUM!



### Ingredients

- 1 cup cooked red lentils
- 1 tsp cumin
- 1 tsp garlic powder
- 1 cup old-fashioned rolled oats
- 1 tsp onion powder
- pepper, to taste
- salt, to taste
- 1 sweet potato mashed

### Directions

- Preheat oven to 350°F (180°C).
- In a large mixing bowl, add all ingredients. Mix to combine.
- On a baking sheet lined with parchment and sprayed, dollop mixture and press down lightly into patties, around ¼ inch thick. (I used an ice cream scoop to portion each patty.)
- Bake for 30 to 35 minutes, until just beginning to brown on top and crisp on the outside.
- Serve and enjoy!
- Yields 10 patties.

### Nutritional Info

- Serving: 5 patties
- 2 servings
- Calories: 281

**Credit:** <https://mindovermunch.com>

**Video:** <https://www.youtube.com/watch?v=JrYeYduqoGo&lc=z12gwdx55vn0exqmf23nvwkp1vvnth3le>