

**Ray Glend, Veggie Fest Presents**  
**LENTIL MILLET SWEET POTATO PLANT-BASED BURGER**

Category: Appetizer

Diet: Vegan

Cuisine: American

This burger is moist, yet firm and will work well as a sandwich or served as a side with a meal.

Ingredients:

1 cup of cooked lentil  
1 cup cooked millet  
½ cup quick oats  
1/2 cup cooked sweet potatoes  
1/2 cup finely diced broccoli  
1/4 finely diced red bell pepper  
1 tsp oregano powder  
1/4 tsp cumin powder  
1/2 tsp turmeric powder  
1 tsp Himalayan salt (optional)

Directions:

Preheat oven to 400° F. (230° C) degrees

Combine the millet, lentils and broccoli. Add the sweet potatoes and quick oats and mix well until you can form a patty.

Add the red bell peppers and the spices and salt. Gently mix into your dough.

Form patties and place them on parchment paper sheets or a well-oiled pan.

Bake for 10-12 minutes until the patties are a bit crispy around the edges. Remove from the oven and flip continue to bake for 8-12 minutes or until the patties feel firm.

Place on a bun or lettuce. Use toppings and condiments of choice.

Note: Bake or steam sweet potatoes to cook. Do not boil as this dilutes the flavor.