

Recipe Name	<b>Lentil Burgers</b>		<b>Food Groups per Serving</b>	
Serves	50		Vegetables & Fruits	0
Serving Size	1 burger		Grains	1
Total Cost per recipe	\$16.08		Milk & Alternates	0
Total Cost per serving	\$0.32		Meat & Alternates	0.5
Costed July 20, 2010				
<b>Ingredient</b>	<b>Amount Used in Recipe</b>	<b>Unit</b>	<b>Cost per Recipe</b>	<b>Cost per Serving</b>
Dried lentils	1.50	l	2.544	0.051
Brown rice, raw	750.00	ml	2.278	0.046
Water	4.50	l	0.000	0.000
Dried bread crumbs	1.50	l	4.725	0.095
Corn meal	750.00	ml	0.490	0.010
Onion	2.00	ea	1.251	0.025
Marjoram	10.00	ml	4.792	0.096
1. In a large saucepan, mix the first 3 ingredients. Cook over low heat about 45 minutes or until rice and lentils are tender. All water should be absorbed.				
2. Remove from heat and leave to cool for 10 minutes.				
3. Puree the mixture in blender or food processor.				
4. Add the bread crumbs, corn meal, minced onion and seasonings.				
5. Shape into patties with floured hands.				
Bake in 375°F (190°C) oven on an oil sprayed cookie sheet 15 minutes on each side				
6. Serve on whole wheat buns with cheese, lettuce, and tomatoes.				
<b>MSVU Child Care Centre Menu Plan Project</b>			<a href="http://www.msvu.ca/menuproject/">http://www.msvu.ca/menuproject/</a>	