

Korean Lentil Patties

Makes: 6 Servings

“I created this dish because I like to cook with my mom in the kitchen,” says Mena. “I wanted to make a healthy meal that highlights my Korean background and also learn more about nutrition when I cook. I made this recipe for my dad and he loved the taste. I am very lucky to live in North Carolina because I can choose so many wonderful vegetables to cook with, including sweet potatoes, which are so tasty!” Mena serves this with roasted sweet potatoes.

Ingredients

For Korean Lentil Patties:

- 3/4 cup** brown lentils, rinsed and drained
- 2 cups** vegetable broth
- 1** yellow onion, peeled and chopped
- 1 teaspoon** minced garlic
- 2 tablespoons** Korean hot pepper paste or red chili paste
- 1/4 cup** dried cranberries
- 1/4 cup** chopped walnuts
- 1/2** lemon, juiced
- 1 teaspoon** kosher salt
- 1/2 teaspoon** freshly ground black pepper
- 1 cup** rolled oats
- 1** egg
- 1/2 cup** panko breadcrumbs
- Olive oil

For Greek Dill Yogurt:

- 1 cup** low-fat Greek yogurt
- 1 tablespoon** dill

Directions

1. **To make the Korean Lentil Patties:** In a large stockpot,



Nutrition Information

Nutrients	Amount
Calories	276
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	532 mg
Total Carbohydrate	39 g
Dietary Fiber	8 g
Total Sugars	8 g
Added Sugars included	3 g
Protein	15 g

combine lentils with the broth and bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer until tender, about 30 minutes. Once tender, drain the lentils to remove any extra liquid and let cool for 10 minutes. In a large mixing bowl, combine the lentils with the remaining ingredients except the breadcrumbs. Form into 6 balls with your hands. Place breadcrumbs on a plate and roll the balls in the breadcrumbs, flatten into patties, and refrigerate for at least 30 minutes. Meanwhile, preheat the oven to 400°F. Place the patties on a large baking sheet and drizzle olive oil over the top of the patties. Bake for 25 minutes or until golden brown. Serve with Greek Dill Yogurt.

2. **To make Greek Dill Yogurt:** In a small bowl, whisk together the yogurt and dill and serve with the patties.

The 2016 Healthy Lunchtime Challenge Cookbook