

Breakfast Patties

These breakfast patties are the perfect guilty pleasure nestled between a toasted English muffin.

Ingredients

- ¾ cup french lentils (2 cups cooked)
- 8 oz mushrooms (2 cups)
- ½ cup onions, diced
- 2 Tbsp garlic, minced
- 3 Tbsp maple syrup
- 2 Tbsp soy sauce, reduced sodium
- 1 Tbsp pomegranate molasses
- 1 Tbsp miso paste
- 2 tsp liquid smoke
- ¼ cup nooch (nutritional yeast)
- 2 Tbsp fennel seed, crushed
- 2 tsp smoked paprika
- 2 tsp ground sage
- 2 tsp thyme
- 1 tsp red pepper flakes
- 1 tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp poultry seasoning
- 1 tsp onion powder
- 1 cup cooked rice
- 1 cup rolled quinoa (or oats)
- 1 cup vital wheat gluten
- ½ cup ground flaxseed
- 1 cup vegetable broth



Instructions

1. Cook lentils in 2 cups water for 25 minutes, until tender. Drain, uncover, and allow to cool.
2. Preheat oven to 350 degrees Fahrenheit.
3. Sauté mushrooms, onions, and garlic on low until cooked through, about 10 minutes.
4. Remove from heat.
5. Add seasonings, lentils, and rice to the mushroom-onion-garlic mixture. Stir until combined.
6. Combine rolled quinoa, vital wheat gluten and flaxseed. Add in vegetable broth and combine.
7. Form into patties. Makes 20-30 patties, depending on desired size.
8. Bake for 35-40 minutes, until firm, golden, and somewhat dry, turning each patty over after about 20 minutes.
9. Remove from oven and allow to cool completely.

Notes

- This recipe is a great way to use leftover rice and lentils.
- Rolled quinoa are really small flakes. If you don't have any, rolled oats work great – pulse in food processor to break them up just a little. (You aren't looking for flour.)
- These patties freeze well in the freezer. Simply thaw and reheat in the skillet when ready to use.