

Lentil Nut Patties

2 cups cooked mashed lentils
1 cup cooked brown rice (or millet
or quinoa)
½ cup chopped walnuts
1 small chopped onion
½ tsp sage
¼ tsp garlic powder
1 tsp sea salt

Mix all ingredients. Shape into
patties. Bake on a cookie sheet at
350 for 30 minutes. Serve with
tomato sauce or gravy or on a
sandwich.

