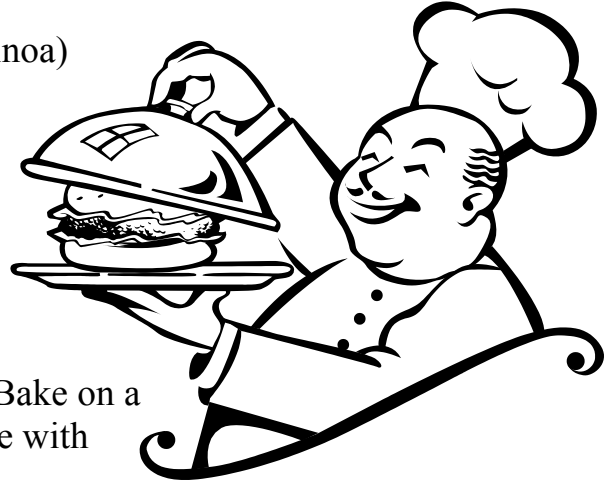


Lentil Nut Patties

- 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.