

COUNT YOUR STEPS

Lentil Tofu Burgers (makes 4 burgers)

- 1 cup lentils picked over, rinsed, and drained
- 6 ounces firm tofu, cubed (about 1 cup)
- 1 garlic clove, minced
- 2 Tbsp fat-free egg substitute
- 1 Tbsp rice vinegar
- 1 tsp ground cumin
- 1 tsp onion powder
- 1 tsp salt
- 1/4 tsp ground cloves



Bring a large pot of water to a boil. Add the lentils, reduce the heat, and cook until they are tender but still hold their shape, about 25 minutes. Drain. Put the lentils and the remaining ingredients in a food processor and pulse until it forms a salsa-like, chunky puree. Shape the mixture into 6 (4-inch) patties. Spray a large nonstick skillet with canola nonstick spray and set over medium heat. Add the patties and cook until browned and firm, about 3 minutes on each side.

Per serving: Calories 232; Fat 4g; Cholesterol 0mg; Sodium 608g; Carbohydrates 31g; Dietary Fiber 12g; Protein 20g; Calcium 328mg. (Source: Weight Watchers Turnaround Program Cookbook)

