



## Thai Basil Lentil Burger

A delicious plant-forward red lentil burger topped with tart and crunchy apple slaw and served on a whole-grain bun.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*California Department of Education*

**Preparation Time:** 2 hours for 50 servings and 3 hours for 100 servings. Note: lentil burgers must freeze prior to cooking and should be made prior to the day of service. Burgers can be cooked from frozen or thawed first then cooked.

**Cooking Time:** 30 minutes.

**NSLP/SBP crediting information:**

One Thai Basil Lentil Burger (4 ¼ oz patty) served on whole-grain bun with ½ cup apple slaw provides:

*Crediting beans, peas, and lentils as Meats/Meat Alternates:* 2 oz eq meat/meat alternate, 2 ¾ oz eq grains, ½ cup red/orange vegetable, ½ cup additional vegetable, ⅝ cup other vegetable, and ⅙ cup fruit.

Or

*Crediting beans, peas, and lentils as Vegetables:* 2 ¾ oz eq grains, ½ cup red/orange vegetable, ½ cup additional vegetable, ⅝ cup other vegetables, ½ cup beans, peas, and lentils, ⅙ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lentils, red (pink), dry	3 lb 8 oz	2 qt ¼ cup	7 lb	4 qt ½ cup	<p><b>To Prepare Lentils:</b></p> <ol style="list-style-type: none"> <li>1. Rinse lentils in colander under cold water.</li> </ol>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt ¾ cup		3 gal 1 ½ cups	<p><b>2.</b> In a large pot, bring the measured water to a boil. Once boiling, add the lentils and stir constantly until fully cooked, approximately 10 minutes. Strain using a colander. For 50 servings, use a 16 qt pot. For 100 servings, use a 24 qt pot.</p> <p><b>3.</b> Add lentils back into the pot. <b>Critical Control Point:</b> Heat lentils to 135 °F degrees or higher.</p> <p><b>4.</b> Place lentils in 12" x 20" x 4" steam table/hotel pans and cool in the refrigerator. <b>Critical Control Point:</b> Cool lentils to 41 °F or below within 4 hours.</p> <p><b>To Prepare Lentil Burgers:</b></p> <p><b>5.</b> Combine cilantro, Thai basil, lime juice, minced garlic, curry powder, soy sauce, garlic powder, and ginger in a large bowl.</p>
Coriander (cilantro) leaves, fresh, chopped		1 ½ cups		3 cups	
Basil, Thai, fresh, chopped		1 ½ cups		3 cups	
Lime juice		¼ cup		½ cup	
Garlic, fresh, minced		3 Tbsp		¼ cup 2 Tbsp	
Curry powder		3 Tbsp		¼ cup 2 Tbsp	
Soy sauce, light		2 ¼ Tbsp		¼ cup ½ Tbsp	
Garlic powder		1 ½ Tbsp		3 Tbsp	
Ginger, ground		1 Tbsp		2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, fresh, large, whole or liquid		7 eggs		14 eggs	6. Crack eggs in a large bowl and whisk vigorously until well whipped.
*Sweet potato (red garnet), fresh, grated	3 lb	1 qt 2 ½ cups	6 lb	3 qt 1 cup	7. Add cooked lentils and grated sweet potatoes to the spice mixture.
Oatmeal, regular, quick, or instant, non-fortified, dry	1 lb 10 oz	2 qt 2 ½ cups	3 lb 4 oz	5 qt 1 cup	8. Add whipped eggs and oatmeal, then mix to combine. 9. Form 4 ¼ oz balls by weight and flatten to form a 1-inch-thick burger patty. Place on parchment-lined sheet pans to cool. <b>Critical Control Point:</b> Cool to 41 °F or below within 4 hours. 10. Move patties to freezer until ready for service. <b>Critical Control Point:</b> Freeze at 0 °F or below.
*Apples, Granny Smith, fresh, whole	2 lb 12 oz		5 lb 8 oz		<b>To Prepare Apple Slaw</b> 11. Rinse and dry apples but do not peel them. Julienne apples using a sharp chef's knife and set aside. <b>Critical Control Point:</b> Hold for cold service at 41 °F or below.
Mayonnaise, low fat, cholesterol-free		3 cups		1 qt 2 cups	12. In a large bowl, whisk together mayonnaise, honey, apple cider vinegar, lemon juice, paprika, pepper sauce or hot sauce, pepper, and salt. Mix ingredients well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Honey		¾ cup		1 ½ cups	
Vinegar, apple cider		½ cup		1 cup	
Lemon juice		1 ½ Tbsp		3 Tbsp	
Paprika		2 Tbsp		¼ cup	
Pepper sauce or hot sauce		3 Tbsp		¼ cup 2 Tbsp	
Pepper, black, ground		1 Tbsp		2 Tbsp	
Salt, table		½ Tbsp		1 Tbsp	<b>13.</b> Add the mayonnaise mixture to the apples.
Cabbage, coleslaw mix	5 lbs 4 oz	10 qt 2 cups	10 lb 8 oz	5 gal 1 qt	<b>14.</b> Add cabbage coleslaw mix to apple mixture and mix thoroughly. Place apple slaw in refrigerator.  <b>Critical Control Point:</b> Hold apple slaw in refrigerator at 41 °F or below until service.
Bun, hamburger, whole-wheat	6 lb 14 oz	50 Buns	13 lb 12 oz	100 Buns	<b>To Prepare for Service:</b>  <b>15.</b> Preheat conventional oven to 400 °F or convection oven to 375 °F.  <b>16.</b> Remove patties from freezer and sear patties frozen in a tilting skillet. Either bake from frozen state, or place in refrigerator to finish cooking later.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>Critical Control Point:</b> Hold patties in refrigerator at 41 °F or below.</p> <p><b>17.</b> Place patties on a parchment-lined sheet pan.</p> <p><b>18.</b> If cooking from frozen and using a conventional oven bake for 20 minutes at 400 °F, if cooking from frozen and using a convection oven, bake for 15 minutes at 375 °F and until golden brown.</p> <p><b>Critical Control Point:</b> Heat to 155 °F or higher for at least 17 seconds.</p> <p><b>19.</b> If cooking from a defrosted state, bake in a conventional oven for 15 minutes at 400 °F or 10 minutes at 375 °F in a convection oven until golden brown.</p> <p><b>Critical Control Point:</b> Heat to 155 °F or higher for at least 17 seconds.</p> <p><b>20.</b> Place one lentil burger on a whole-wheat bun and top with 1/8 cup or 1 ounce spoodle of apple slaw.</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p>



**THAI BASIL LENTIL BURGER**  
**NUTRITION INFORMATION**

For one 4¼ oz lentil burger with ½ cup apple slaw

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>527</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	1.7 g
Cholesterol	47 mg
<b>Sodium</b>	<b>365 mg</b>
<b>Total Carbohydrate</b>	<b>87 g</b>
Dietary Fiber	20 g
Total Sugars	9 g
Added Sugars included	0 g
<b>Protein</b>	<b>20 g</b>
Vitamin A	4145 IU
Vitamin C	25.6 mg
Vitamin D	N/A
Calcium	106.5 mg
Iron	5.7 mg
Potassium	N/A

N/A=data not available.

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Red garnet sweet potatoes, fresh, whole	3 lb and 12 oz	7 lb 8 oz
Apples, fresh, whole	3 lb	6 lb

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Preparation Notes: In advance, wash, peel, and grate sweet potatoes. Wash and chop cilantro leaves and the Thai basil leaves.

Allergens: Egg, Wheat, Soy.

If Thai basil is unavailable, substitute with Italian basil.

Category: A main dish with an Asian profile

Cooking Process #3: Complex Food Preparation

Equipment Needed: colander, 16-and 24-quart stock pot, large box skillet, oven, kitchen scale, mixing spoons, large mixing bowls, measuring cups and spoons, cutting board, chef's knife, whisk, grater, metal spatula, oven mitts and heat-resistant potholders, digital thermometer, 1-ounce spoodle or ⅓ cup scoop, and parchment paper to line pans. Steam table/hotel pan: 2 full size 4-inch hotel pans or 4 full size hotel pans for cooling lentils. Baking: 18" x 26" x 1" sheet pans—2 for 50 servings and 4 for 100 servings.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME	
50 Servings	100 Servings
50–4 ¼ oz lentil patties About 1 qt 2 ¼ cups of apple slaw	100–4 ¼ oz lentil patties About 3 qt ½ cup of apple slaw

