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# Simply Seasonal

## Wheatberry Veggieburgers

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## Wheatberry Veggieburgers

### Ingredients

1 c. wheatberries\*  
1/2 cup lentils\*  
6 mushrooms\*, diced  
2 shallots\*, diced  
2 t. butter  
1/2 t. salt  
1 clove garlic\*, pressed  
1 c. cheese\*, grated  
1 T. whole wheat flour\*  
1 T. cornstarch  
black pepper  
oil for cooking

\*can be found locally

### Directions:

1. Place wheatberries and 3 c. water into saucepan. Bring to a boil; reduce heat and simmer 45 minutes, or until tender.
2. Place lentils and 1 1/2 c. water into saucepan. Bring to a boil; reduce heat and simmer 20-30 minutes, or until tender. Cook time depends on the type of lentils used.
3. Saute' mushrooms and onion in butter until onion is translucent.
4. Combine all ingredients in a food processor. Pulse until mixed well, but not pureed.
5. Shape the mixture into 6 patties. Cook in an oiled skillet until brown on each side.
6. Serve wrapped in lettuce leaves with your favorite condiments.