White Bean & Red Lentil Burgers
(recipe adapted from Thug Kitchen cookbook)

INGREDIENTS
1/3 cup red lentils, cooked according to package instructions
3 cups cooked white beans
½ yellow onion, diced
3 gloves garlic, minced
½ cup breadcrumbs
1 ½ tsp smoked paprika
1 ½ tsp no-salt seasoning blend
1 tsp ground cumin
1 tbsp olive oil (plus extra for cooking)
Juice of 1 lime
Burger fixings (buns, tomato slices, avocado, etc.)

INSTRUCTIONS
1. In a large bowl mash all ingredients except burger fixings and cooking oil. Evaluate your mixture and add more breadcrumbs if needed for them to hold their shape. Shape them into ~8 burger-shaped patties and place them on greased baking sheet. Refrigerate for 30 minutes if possible.
2. Preheat oven to 400. Spray the tops of the burgers with cooking oil or brush some on top. Bake for 30 minutes total, flipping them halfway through.
3. Alternatively, you can cook these bean burgers on a stovetop until they’re heated through and brown on both sides.
4. Top with burger fixings and enjoy!

Ramen Noodle Salad
(recipe adapted from https://www.vnutritionandwellness.com/vegan-ramen-noodle-salad/)

INGREDIENTS
1 pack (8 oz.) ramen noodles, cooked
1 bag (16 oz.) coleslaw mix
5 green onions
¼ cup slivered or sliced almonds

For dressing:
3 Tbsp warm water
¼ cup peanut butter
¼ lime, juiced
3 Tbsp apple cider vinegar
2 Tbsp maple syrup
2 Tbsp soy sauce
½ tsp garlic powder
½ tsp onion powder

INSTRUCTIONS
1. Combine salad ingredients in a large bowl. Whisk dressing ingredients all together and dress salad to taste right before serving.