Thai Basil Lentil Burger

The Thai Basil Lentil Burger Recipe has been a huge success in San Luis Coastal Unified School District, and has become one of the school district's most popular plant-forward entrees. The burger is made with locally grown organic lentils, and is a favorable, climate-friendly and nutrient-dense. This recipe includes both the slaw and burger (pg. 1-2), as well as the lentil burger patty made in our Central Kitchen (pg. 3-4). You can read more about the Thai Basil Lentil Burger in **Friends of the Earth's Case Study, How a Rockstar Lentil Burger Inspired More Plant-Forward School Food.**

990030 - Thai Basil Lentil Burger

Recipe HACCP Process: #2 Same Day Service
Source: Local
Number of Portions: 55
Portion Size: 1 burger

Ingredient #	Ingredient Name	Measurements	Instructions
990371	Bun, Hamburger Whole Wheat 2.2 oz. Edna's	55 each	No Instructions Assigned
011109	CABBAGE,RAW	5 LB + 4 oz	**CCP:** Hold for cold service at 41° F or lower. Rinse cilantro and apples. Remove stems from cilantro. Chop apples and cilantro. Whisk together lemon juice,salt,vinegar,honey,smoked paprika,tapatio and mix well with mayo. Add mayo mixture to chopped apples,cilantro and coleslaw/ cabbage mix.
075003	MAYONNAISE,LoFat,No Cholesterol	3 cup	
019296	HONEY	1/2 CUP + 1 3/4 TBSP	
002048	VINEGAR,CIDER	1/2 CUP + 1 TBSP	
009152	LEMON JUICE,RAW	1 tbsp + 1 1/2 tsp	
006168	SAUCE,RTS,PEPPER OR HOT	3 tbsp	
051451	APPLES, FRESH, GRANNY SMITH, WITH SKIN	10 medium (3" dia)	
011165	CORIANDER (CILANTRO) LEAVES,RAW	1/2 CUP	
002028	PAPRIKA	2 TBSP	
002030	PEPPER,BLACK	1 tbsp, ground	
002047	SALT,TABLE	1/2 TBSP	
R-990029	Thai Basil Lentil Burger Patty	55 (3 oz. patty)	Heat lentil burger patty to 165 degrees F or greater in a 400 degree F oven. Cooking time varies from 15 minutes for refrigerated patty to 20 minutes for frozen patty. **CCP:** Heat to 165° F or higher for at least 15 seconds **CCP:** Hold at 135° F or higher.
			To assemble the burger: Place Thai Lentil patty on bun. Top with 1/3 c. apple slaw mix. Serve.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Thai Basil Lentil Burger

*Nutrients are based upon 1 Portion Size (1 burger)

Calories[1]	426.207 kcal	Total Fat	9.696 g	Total Dietary Fiber	17.356 g	Vitamin C	22.229 mg	20.474% Calories from Total Fat
Saturated Fat[1]	1.414 g	Trans Fat[2]	*0.000* g	Protein	15.109 g	Iron	4.429 mg	2.986% Calories from Sat Fat
Sodium[1]	439.950 mg	Cholesterol	43.623 mg	Vitamin A	4843.453 IU	Water	*81.267* g	*0.000%* Calories from Trans Fat
Sugars	*8.949* g	Carbohydrate	71.163 g	Calcium	80.122 mg	Ash	*N/A* g	66.787% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.000			14.180% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
Vegetable	cup	Milk	cup		

Allergens

Soy	Wheat	Egg					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
[1] - denotes required nutrient values
[2] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Thai Basil Lentil Burger

990029 - Thai Basil Lentil Burger Patty

Recipe HACCP Process: #3 Complex Food Preparation
Source: Lauren Thomas
Number of Portions: 250
Portion Size: 3 oz. patty

Ingredient #	Ingredient Name	Measurements	Instructions
016144	LENTILS,PINK,RAW	14 LB	*In large stock pot, combine lentils with enough water to cover by several inches. Cover and cook over medium high heat until fully cooked. 24 quarts water per 12 lbs. of lentils. Strain additional water.*
011507	SWEET POTATO,RAW,UNPREP	15 LB + 8 oz	Peel, chop, and shred the sweet potatoes in the Robot Coupe.
002044	BASIL,FRESH	2 LB + 12 oz	Combine basil, chopped cilantro, minced garlic, soy sauce, curry powder, ginger, garlic powder and lime juice.
011165	CORIANDER (CILANTRO) LEAVES,RAW	2 LB + 12 oz	
799939	GARLIC,RAW	1/2 CUP, MINCED + 2 1/2 tbsp, MINCED	
009160	LIME JUICE,RAW	2 CUP	
016123	SOY SAU MADE FROM SOY&WHEAT (SHOYU)	1 CUP + 5 TBSP	
002015	CURRY POWDER	1 cup + 5 1/2 TBSP	
002021	GINGER,GROUND	1/2 cup + 2 1/2 TBSP	
002020	GARLIC POWDER	1 cup	
050430	EGGS, WHOLE, FROZEN, PASTEURIZED, RAW	3 LB + 8 oz	Add cooked lentils and shredded sweet potatoes to spice mixture. Add egg and oats and mix to combine.
008120	CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	6 LB + 4 oz	
			Form 3oz. balls of mixture and flatten to form a burger patty. Place on parchment paper and refrigerate to cool. Can be frozen if neccessary.
			Place burgers on parchment lined sheet pan. Drizzle with olive oil. If cooking from refrigerated form bake in oven for 15 minutes at 400 degrees F until golden brown. If cooking from frozen, bake for 20 minutes at 400 degrees F until golden brown. CCP: Internal temperature of the patty must be 165 degrees F or greater. CCP: Item must be held at 135 degrees F until service.

Thai Basil Lentil Burger

*Nutrients are based upon 1 Portion Size (3 oz. patty)

Calories[1]	175.674 kcal	Total Fat	2.064 g	Total Dietary Fiber	5.338 g	Vitamin C	4.057 mg	10.575%	Calories from Total Fat
Saturated Fat[1]	0.445 g	Trans Fat[2]	*0.000* g	Protein	9.400 g	Iron	3.093 mg	2.282%	Calories from Sat Fat
Sodium[1]	104.050 mg	Cholesterol	23.623 mg	Vitamin A	4639.847 IU	Water	*37.172* g	*0.000%*	Calories from Trans Fat
Sugars	*1.421* g	Carbohydrate	30.955 g	Calcium	47.055 mg	Ash	*N/A* g	70.483%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.000			21.403%	Calories from Protein
Type of Fat	-								

Components

Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
[1] - denotes required nutrient values
[2] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.