**Lentil Burgers with Guava Chutney**

**Ingredients & Directions**

One Large Head of Iceburg

Or other large leaf lettuce

1 Small Cabbage (any variety)

Mixed Herbs & Spices of Choice

4 Cups of Lentil

4 Large Tomatoes

½ Cup of Sauerkraut

****1 Large Beet

1. Cook lentils until soft, then

refrigerate to cool

2. Shred Cabbage, Carrots, Beet

3. Mix lentils with cabbage, carrots

& add seasoning

4. Slice tomatoes

5. Layer your ingredients

Lettuce

Tomato

Bean Mix

Shredded Beets & Sauerkraut. **Make a lovely presentation**!

Dress with **Guava Chutney** –a fruity sauce that can be used to dress a variety of dishes:

Sautée variety of spices, with cubed guavas, mangos &/ or other fruits in enough water to cook until soft. Mix with fennel seed, cumin, dates, a dash of apple cider vinegar, salt & sugary to suit taste. Blend to creamy consistency –Serve!