



## Greek Lentil Cakes with Minty Tzatziki Sauce

By Chef Veera Gaul, Ph.D.



### Ingredients

#### For Lentil Cakes

1 ½ tablespoons O&V [Garlic EVOO](#) (plus more to sauté the cakes) \*  
½ cup minced yellow onion  
1 ½ tablespoon minced garlic (4-5 medium cloves)  
¾ cup old-fashioned rolled oats (use a gluten free version if you like)  
1 tablespoon O&V [Red Wine vinegar](#) \*  
2 large eggs  
1 tablespoon chopped fresh oregano  
1 tablespoon minced jalapeño (optional for heat)  
1 (17.6 oz) package of steamed brown lentils  
½ teaspoon salt (more to taste)  
Pepper to taste

#### For Salad

4 cups baby arugula or baby spinach  
1 cup halved cherry or grape tomatoes  
1 ½ tablespoons O&V [Garden Herb vinegar](#) or [Marc de Champagne vinegar](#) \*  
1 ½ tablespoons O&V [Unflavored EVOO](#) \*  
Salt and Pepper to taste

### For Sauce

¾ cup sour cream or plain whole milk Greek yogurt  
1 tablespoon O&V [Tzatziki Dip mix](#) \*  
1 tablespoon Lemon juice  
2 tablespoons finely chopped fresh mint (plus more for garnish)  
1 tablespoon O&V [Lemon EVOO](#) or [Unflavored EVOO](#) \*  
Lemon wedges

### **Preparation**

#### Make Lentil Cakes

Heat 1 ½ tablespoons of oil in a large non-stick pan over medium heat. Add the chopped onion and minced garlic and sauté for 3-4 minutes till translucent and fragrant. Remove from heat.

Place the onion and garlic mixture, rolled oats, red wine vinegar, salt, pepper to taste, eggs and lentils in a food processor. Pulse 3 or 4 times to coarsely chop the lentils and combine the ingredients.

Shape mixture into 12 patties. Heat another 2 tablespoons of Garlic oil in a clean skillet and cook the patties for 2-3 minutes on each side. You may have to do this in batches depending on the size of your skillet. Remove and keep warm

#### Make Salad

Mix the Garden Herb or Marc de Champagne vinegar with the unflavored olive oil in a bowl till it emulsifies. Add the spinach/arugula and tomatoes, and toss well. Season with salt and pepper

#### Make Sauce

Place the Tzatziki dip mix in a bowl and add the lemon juice. Let sit for 5 minutes (add a sprinkle of water if the herbs still look dry). Add the sour cream/yogurt and mint and mix well. Drizzle in the Lemon EVOO

#### To Serve

Divide the salad amongst 4 plates. Place 3 lentil cakes on each plate. Serve the cakes with the minty tzatziki sauce for dipping or drizzle some over the cakes and serve the remainder on the side in a bowl. Serve with a lemon wedge.

Serves 4

Active Time: 30 minutes Total Time: 30 minutes

## Notes

\* The [Garlic EVOO](#) adds a nice layer of flavor to the Lentil Cakes. You can substitute with a little more minced garlic and use a good quality [unflavored EVOO](#) instead. I love the tang of our [Cabernet Red Wine vinegar](#), another high-end red wine vinegar may be substituted.

\* [Garden Herb vinegar](#) or [Marc de Champagne vinegar](#) are both available at most Oil & Vinegar stores; the Garden herb vinegar adds more herby notes, while the champagne vinegar has a light crisp taste.

\* Our [Lemon EVOO](#) adds a really fabulous zing to this sauce that complements the lentil cakes really well. Add additional lemon juice to your sauce if using an unflavored EVOO. The [Tzatziki dip mix](#) is amazing with its garlicky and herby flavors. Email me if you would like a homemade substitute instead.

Categories: Entrées, Snacks & Sides, Soups & Salads, Gluten Free, Home-Made, Mediterranean Diet, Garlic EVOO, Cabernet Red Wine Vinegar, Garden Herb Vinegar, Marc de Champagne Vinegar, Unflavored EVOO, Tzatziki Herb Mix, Lemon EVOO, Minty Sauce, Yogurt, Sour Cream, Tzatziki Sauce, Rolled Oats, Steamed Lentils, Lentil Patties, Seasoned Lentil Cakes, Lentil Falafel, Brown Lentils, Mint, Easy Dinner, Weeknight Meal

