

# BLACK BEAN BURGERS

## INGREDIENTS

- 8 whole wheat hamburger buns (1 pack)
- 1 can low sodium black beans, rinsed and drained well
- 1/2 cup reduced fat shredded cheddar cheese
- 1 large egg
- 2 green onions, sliced
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1 tablespoon canola oil (or other neutral oil)



## DIRECTIONS

1. Tear 1 hamburger bun into pieces; place in food processor. Process until coarse crumbs appear. Transfer to medium bowl (there should be at least 1 cup of bread crumbs).
2. Add black beans, cheese, eggs, green onions, chili powder, oregano and garlic powder to same food processor. Process to a thick paste, scraping down sides of bowl. Add mixture to bread crumbs in bowl and mix well.
3. Shape into 6 evenly sized 4-inch patties.
4. Heat oil in 12-inch nonstick skillet over medium heat. Cook 4 minutes per side until browned on each side.
5. Lightly toast remaining burger buns, if desired.
6. Serve patties in buns with toppings of your choice.

## VARIATIONS & TIPS

- Toppings may include light mayo, lettuce, tomato, onion, and avocado. Be creative and add other things that you might enjoy.
- These burgers freeze well – just microwave for 60 seconds for a delicious meal!

## NUTRITION FACTS

Calories: 250 cal, Carbohydrates: 34g, Fiber: 8.3g, Sugar: 3.6g (0g added sugar), Protein: 13.5g, Fat: 7.3g, Saturated fat: 2g, Cholesterol: 36mg, Sodium: 392mg

**YIELD:** 6 servings

**SOURCE:** Adapted from the American Diabetes Association