

Black Bean Burgers

Yield: 4 servings

Serving size: 1 burger

Ingredients:

- 1 (15.5 ounce) can low-sodium black beans, rinsed and well-drained
- 1 large egg
- ½ cup cooked brown rice
- 2 green onions, green and white parts minced (about 1/4 cup)
- 2 tablespoons chopped fresh cilantro
- 1 clove garlic, peeled and minced
- ¼ teaspoon dried oregano or basil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon vegetable oil
- 4 whole-wheat buns

Directions:

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add cooked rice, green onions, cilantro, garlic, oregano, salt, and pepper, and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about ¾ to 1 inch thick. (If mixture is not thick enough to make patties, stir in 1 tablespoon flour.)
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole-wheat bun.
5. Serve with your favorite toppings, such as lettuce, tomato, and low-fat cheese.

Nutrition Information per Serving:

Calories 253, Fat 5g, Protein 12g, Fiber 10g,
Sodium 483mg, Carbohydrate 43g

Recipe from: USDA Mixing Bowl

