



BeFit

Be Fit. Eat Healthy. It's your choice.

## Be Fit Basics: Black Bean Burger

Adapted from Cooking Light

- 1 (2 ounce) hamburger bun, torn into pieces
- 3 tbsp olive oil, divided
- 1 garlic clove, minced
- 1 can (15 ounces) black beans, low sodium, drained, can divided
- $\frac{3}{4}$  tsp chili powder
- 1 tbsp cilantro, chopped (*can also omit or substitute another herb, like parsley*)
- $\frac{1}{4}$  tsp kosher salt
- 1 large egg, lightly beaten PLUS 1 egg white, lightly beaten

### Instructions:

Place bun in a food processor (or blender) and pulse until it turns into crumbs and transfer to a large bowl.\* Add 1 tbsp oil, garlic and  $\frac{3}{4}$  can of beans to food processor and pulse until mixture makes a thick paste. In bowl with the bread crumbs stir in bean mixture, remaining  $\frac{1}{4}$  can of beans, chili powder, cilantro, salt and eggs until combined. Divide mixture into 4 equal portions; shaping each portion into a patty. Heat sauté pan on medium heat; add remaining 2 tbsp oil. Add patties to pan and cook about 4 minutes or until bottoms are browned. Flip and cook 3-4 minutes or until patties are cooked throughout.

### Notes:

\*Can also substitute about 1 cup bread crumbs.

**Yield:** 4 servings

### NUTRITION INFORMATION PER SERVING (PER PATTY):

CALORIES: 250 calories	PROTEIN: 10 g	SODIUM: 355 mg
	CARBOHYDRATE: 25 g	FIBER: 6 g
	FAT: 13 g	Sat Fat: 2 g

### MAKE IT A MEAL:

**Protein:** 1 serving black bean burger (1 patty)

**Starch:** 1 bun (170 calories)

**Vegetable:** 1 cup carrot sticks or baby carrots (50 calories)

**Burger Topping(s):**  $\frac{1}{4}$  avocado, sliced (60 calories) plus onion slices (5 calories)

### PREP TIP

-Toss avocado slices with juice of 1 lime to prevent avocado from turning brown.

### GROCERY SHOPPING LIST

- Hamburger buns
- Garlic clove
- Can of black beans (15 oz.)
- Cilantro
- Eggs (2)
- Carrots or baby carrots
- Onion (such as a red onion)
- Avocado (and 1 lime, if desired)
- Condiments:* chili powder; kosher salt; olive oil

### USE OF LEFTOVERS

- Place black bean patty on  $\frac{1}{2}$  a whole wheat English muffin, add slice of cheddar cheese and place under broiler (or in toaster oven) to make an open-face black bean burger melt. Pair with a side of mixed greens.