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
¾ tsp chili powder
1 tbsp cilantro, chopped (can also omit or substitute another herb, like parsley)
¼ 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 ¾ 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 ¼ 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): ¼ 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 ½ 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.