

## BLACK BEAN BURGER

*Adapted from Cooking Light*

### Ingredients

- 1 (2 ounce) hamburger bun, torn into pieces
- 3 tablespoons olive oil, divided
- 1 garlic clove, minced
- 1 (15 ounce) can low sodium black beans, drained, can divided
- $\frac{3}{4}$  teaspoon chili powder
- 1 tablespoon chopped cilantro (omit or substitute another herb like parsley, if desired)
- $\frac{1}{4}$  teaspoon kosher salt
- 1 large egg, lightly beaten
- 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 tablespoon oil, garlic and  $\frac{3}{4}$  can of beans to processor or blender and pulse until mixture makes a thick paste.

In bowl with the breadcrumbs, stir bean mixture, remaining  $\frac{1}{4}$  can of beans, chili powder, cilantro (if using), salt, and eggs until combined.

Divide mixture into 4 equal portions, shaping each portion into a patty. Heat sauté pan on medium heat and add remaining 2 tablespoons of oil. Add patties to pan and cook about 4 minutes or until bottoms are browned.

Flip and cook 3 to 4 minutes or until patties are cooked throughout and register 165 degrees with an instant-read thermometer.

**Yield:** 4 servings



### **NUTRITION FACTS PER SERVING (PATTY)**

CALORIES: 250

PROTEIN: 10 grams

SODIUM: 360 milligrams

CARBOHYDRATE: 25 grams

FIBER: 6 grams

FAT: 13 grams

SATURATED FAT: 2 grams