

BLACK BEAN BURGER

SERVES 4 • 25 MINUTES • VEGETARIAN

Ingredients:

2 14-oz cans black beans, rinsed and drained, divided
4 tablespoons light mayonnaise
1/3 cup panko bread crumbs
2 teaspoons ground cumin
2 tablespoons fresh oregano
1/2 jalapeño pepper, minced
1/4 cup cilantro
3 tablespoons canola oil
4 whole-wheat hamburger buns
1 whole large tomato
4 leaves of lettuce
(substitute spinach or kale for more antioxidants)

Per Serving:

Calories: 580
Fat: 20 g
Cholesterol: 0 mg
Sodium: 800 mg
Carbohydrates: 80 g
Fiber: 25 g
Sugar: 5 g
Protein: 27 g
Vitamin A: 70%
Vitamin C: 150%
Calcium: 40%
Iron: 85%
Omega-3: 1500 mg

Nutrition Notes:

Did you know that by simply rinsing and draining your canned beans you can cut the sodium content by 40%?

Preparation:

Process 1 can of beans in a food processor with mayonnaise, bread crumbs, cumin, oregano, and jalapeño until a coarse puree forms.

Transfer mixture to a bowl, and stir in cilantro and the remaining can of beans. Form mixture into 4 patties.

Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Cook burgers until outsides are crisp and lightly browned, turning once (about 5 minutes total). Top with sliced tomatoes and lettuce and serve on buns.

