



Black Bean Burger

Serves four

2 – 15 oz. cans black beans –drained and rinsed

1 large garlic clove

3 TBS mayonnaise

½ tsp. ground cumin

½ tsp. dried oregano

1 small chipotle pepper (or ½ a large) – optional

1/3 cup bread crumbs

¼ cup minced red onion

1 TBS chopped cilantro

- Place one of the cans of drained and rinsed beans in the food processor.
- Place the second can into a bowl.
- Add the garlic, mayo, cumin, oregano. Chipotle and bread crumbs to the food processor. Process until beans are mashed and all ingredients are incorporated.
- Add the mashed beans to the bowl of whole beans. Add red onion and cilantro.
- Mix well and form patties.
- Heat a skillet with a little bit of oil. Add the patties and cook until bottom forms a brown crust. Flip burger and cook until second sides browns as well.
- Serve in a sandwich with salsa, sour cream, lettuce, red onion and tomato OR topped with cabbage salad.

CABBAGE SALAD:

1 small green cabbage head – sliced

2 medium tomatoes – chopped

¾ cup chopped cilantro

1 large lime - juiced

Salt to taste

- Mix cabbage, tomatoes and cilantro in a bowl. Add lime juice and season with salt.

Patty no bread or salad - CALORIES 220.75; FAT 4.41 grs (sat 0.48; mono 1.21; poly 2.06); PROTEIN 11.44 grs ; FIBER 12.77 grs; CARBS 42.07 grs; CHOLESTEROL 3.75 mg; IRON 4.11 mg; SODIUM 1702.68 mg; CALCIUM 146.96 mg