

LESSON 12: MAKING HEALTHY DECISIONS

Black Bean Burgers

INGREDIENTS

1 can (15 oz) black beans, rinsed and drained

$\frac{3}{4}$ cup gluten-free oats (or gluten-free breadcrumbs)

$\frac{1}{2}$ red onion, chopped (about $\frac{3}{4}$ cup)

$\frac{1}{2}$ cup cilantro, chopped

2 TBSP diced green chilies

juice from 1 lime

1 clove of garlic, minced

$\frac{3}{4}$ teaspoon cumin

$\frac{1}{2}$ teaspoon Kosher salt

$\frac{1}{4}$ teaspoon black pepper

2–3 TBSP olive oil

Optional: buns or tortillas, sliced tomato, lettuce, mayonnaise, etc. for serving



DIRECTIONS

- 1 Combine all ingredients — except olive oil — in a food processor and blend until it forms a thick paste.
- 2 Transfer the mixture to a bowl, cover and freeze for 15-20 minutes (this will help the mixture thicken up so it's easier to work with).
- 3 In a large pan, heat olive oil over medium high heat.
- 4 Once the oil is hot, use a large cookie scoop to scoop the mixture into the pan. Gently press down on the scooped mixture to form patties.
- 5 Cook the patties on each side for 3 to 5 minutes each.
- 6 Continue cooking on each side until they have darkened and become crispy.
- 7 Serve on a bun, in a tortilla, in a salad, over some quinoa, or all by themselves.

Recipe from justwhatweeat.com.

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	308.7 kcal	15 %
Total Fat	11.9 g	18 %
Saturated Fat	1.7 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	570.4 mg	24 %
Total Carbohydrate	41 g	14 %
Dietary Fiber	13.1 g	52 %
Sugars	1.6 g	
Protein	11.4 g	23 %
Vitamin A	0 %	Vitamin C 15 %
Calcium	9 %	Iron 20 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.