



Black Bean Burgers

These make great leftovers. You can also freeze individual burgers by wrapping in plastic and thaw them for a quick lunch or dinner!

U.S.		Metric
1 (15 oz) can	Black Beans, reduced sodium, drained and rinsed	425 g
1/2 each	Red Bell Pepper, small dice	60 g
1/2 each	Onion, small dice	55 g
1/2 cup	Cheddar Cheese, shredded	57 g
1 clove	Garlic, minced	3 g
1 Tbsp	Cumin, ground	9 g
1 tsp	Oregano, dried	1.4 g
1/4 tsp	Salt	1.25 g
To taste	Black Pepper, ground	To taste
1/8 tsp	Cayenne Pepper	0.35 g
1 each	Egg, large	1 each
3/4 cup	Whole Wheat Breadcrumbs	94 g
As needed	Cooking Spray	As needed
2 each	Tomato, sliced	2 each
2 cups	Greens, such as romaine, spinach, or arugula	72 g
6 each	Whole Wheat Hamburger Bun	6 each

Preparation:

1. Gather all the ingredients and equipment.
2. Preheat oven to 375°F / 190°C.
3. Mash beans in a large bowl with a fork or potato masher.
4. Mix in red pepper, onion, cheese, garlic, seasonings, egg and breadcrumbs mix well. Shape into 6, 4 ounce patties.
5. Line a baking sheet with foil and spray lightly with cooking spray. Place burger patties in a single layer.
6. Cook in oven until burgers firm up and reach internal temperature of 165°F, about 12 minutes.
7. Serve on a toasted whole wheat bun with lettuce, tomato and any other favorite condiment.

****Nutrition Facts on Reverse**

Nutrition Facts (per	
Serving size	1 burger with bun
Servings	6 (4 oz) burgers
Calories	297
Calories from Fat	45
Total Fat	5 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	36 mg
Sodium	385 mg
Carbohydrates	50 g
Dietary Fiber	10 g
Sugars	3 g
Protein	16 g
Vitamin A	8 %
Calcium	10 %
Vitamin C	20 %
Iron	4 %
Phosphorus	58 mg
