

FEATURED RECIPE:

Black Bean Burgers



Ingredients

- 1 can of 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice*
- 2 scallions (green and white minced, about 1/4 cup)
- 2 Tablespoons chopped fresh cilantro (or basil leaves or a combination)
- 1 garlic clove (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice*, scallions, cilantro, garlic and oregano, salt and pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole-wheat bun.

*Try using old-fashioned rolled oats, leftover cooked barley or Panko breadcrumbs instead of prepared rice.

Serve with your favorite toppings, such as lettuce, tomato, guacamole, salsa, low-fat cheese or low-fat yogurt.

Serves 4. Per serving: Calories: 274; Total Fat: 5 g; Saturated Fat: 1 g, Sodium: 668 mg; Total Carbohydrate: 47 g; Dietary Fiber: 12 g; Protein: 13 g

Source: What's Cooking? USDA Mixing Bowl