Visiting Nurse Association
of Northern New Jersey

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Black Bean Burgers

Makes 6 servings. Recipe from wellaberewards.com

Ingredients

1 Tbsp olive oil
2 large garlic cloves, finely minced
1 can (15.5 oz) no salt added organic black beans, drained and rinsed
1 cup plain panko bread crumbs
1 cup cooked quinoa
1/4 cup finely chopped walnuts
1 tsp lime zest
1 tsp chili powder
1 tsp chopped fresh cilantro
2 large eggs, lightly beaten
1 ripe avocado, peeled, pitted and mashed (optional)
Baby spinach, sliced tomato, sliced red onion, for serving (optional)

Nutritional info per burger

Calories	279
Total Fat	13g
Cholesterol	62mg
Sodium	50mg
Carbohydrates	32g
Dietary Fiber	7g
Protein	11g

Directions

1. **Make the Bean Mixture:** In a food processor, blend the olive oil, minced garlic, and black beans. Manually pulse about 8 times until the beans turn into a thick paste.
2. **Mix the Ingredients:** Transfer bean paste to a large mixing bowl and combine with panko bread crumbs, quinoa, and walnuts. Stir in the lime zest, chili powder, chopped cilantro, egg, and egg white. Mix everything well.
3. **Shape the Patties:** Wet your hands slightly to keep the mixture from sticking. Divide the mixture into 6 equal parts and shape them into round patties, about 1/3 cup each.
4. **Cook the Burgers (Stovetop or Grill):** To cook on a stovetop, spray a large nonstick skillet with cooking spray and heat over medium-high. Place the patties in the pan, lower the heat to medium, and cook for about 3 minutes on each side, or until beginning to brown. To cook on the grill, preheat the grill to medium heat. Lightly grease a sheet of aluminum foil with nonstick cooking spray and lay on the grates. Place the patties on the foil. Cook for about 3 minutes on each side until firm and slightly crispy.
5. **Assemble and Serve:** Place each patty on a bed of baby spinach and, if desired, top with mashed avocado, sliced tomato, red onion, and any other favorite toppings.