

Black Bean Burgers

Ingredients

1 can (15 ounces) black beans,
drained and rinsed
1 teaspoon minced garlic

1/4 small onion, chopped fine
1/2 to 3/4 cup bread crumbs or
quinoa
1 egg
Salt and pepper for taste
Cayenne pepper (optional)

Directions

1. Preheat oven to 375 degrees.
2. Mash black beans with a fork or potato masher until most of beans are smashed.
3. Add desired amount of spices
4. Add about 1/2 cup of breadcrumbs or quinoa and egg. Add more breadcrumbs or quinoa if mixture seems too soft.
5. Combine all ingredients by hand and form into a patty.
6. Place patties on lightly oiled aluminum foil and bake about 10 minutes on each side. Or brown in a skillet over medium heat until warmed through (about 10-15 minutes).



Makes 10 servings

*Nutrition information per serving
(2 tablespoons):*

*92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium*