

VitaMin



Vital health information in a minute

Photo: Hector Manuel Sanchez

KICKY BLACK BEAN BURGERS

Yield: Serves 4 (serving size: 1 burger)

Total time: 30 minutes

Ingredients

- › 1 (15-oz.) can unsalted black beans, drained
- › 5 (1 ¼-oz.) whole-wheat hamburger buns, toasted and divided
- › ¾ teaspoon ground cumin
- › ½ teaspoon garlic powder
- › ¼ teaspoon salt
- › ¼ teaspoon black pepper
- › 1 large egg, lightly beaten
- › 1 large egg white, lightly beaten
- › 2 tablespoons canola oil
- › 2 ounces sliced pepper-Jack or Monterey Jack cheese
- › ½ cup fresh refrigerated pico de gallo
- › 4 lettuce leaves

How to make it

1. Place beans in a large bowl; mash with a fork. Place 1 toasted bun, torn, in a food processor; pulse until fine crumbs form. Stir breadcrumbs, cumin and next 5 ingredients (through egg white) into beans.
2. Divide and shape bean mixture into 4 (1-inch-thick) patties. Heat oil in a large skillet over medium-high heat. Add patties to pan; cook 4 minutes on each side or until browned.
3. Divide cheese evenly among patties; cook 1 minute or until cheese melts. Top bottom halves of remaining 4 buns evenly with patties, pico de gallo, lettuce and top halves of buns.

Nutrition information

Amount per serving

- › Calories: 360
- › Fat: 15.1 g
- › Saturated fat: 3.5 g
- › Monounsaturated fat: 5.4 g
- › Polyunsaturated fat: 3.2 g
- › Protein: 16 g
- › Carbohydrate: 43 g
- › Fiber: 10 g
- › Cholesterol: 59 mg
- › Iron: 3 mg
- › Sodium: 654 mg
- › Calcium: 222 mg
- › Sugars: 7 g
- › Est. added sugars: 2 g

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