

Black Bean Burgers

5 whole wheat buns
1 15 oz can no salt added black beans, washed and drained
2/3 cup red onion, chopped
1/4 cup skim milk
3/4 cup whole wheat bread crumbs, unseasoned
1 egg white, slightly beaten
1 tsp cumin
1/4 tsp cayenne
3/4 cup chunky salsa, plus 1/4 cup
1 tsp hot sauce (optional)
1 avocado, sliced

Mash black beans in medium mixing bowl. In another small bowl, place bread crumbs in milk and stir. Allow to soak for about 1-2 minutes before adding to black beans. Add remaining ingredients except avocado and 1/4 cup salsa. Mix until blended. Heat large frying pan or griddle with 1 tablespoon canola oil. Form five, 4-ounce patties and place in pan. Cook each side for 3-4 minutes. Serve on whole wheat bun with 3 slices of avocado and salsa.

Serves 5.

Calories 270 Fat 6g Carbohydrate 44g Dietary Fiber 9g Protein 11g Sodium 540mg