



## LESSON 12: MAKING HEALTHY DECISIONS

# **Black Bean Burgers**

#### **INGREDIENTS**

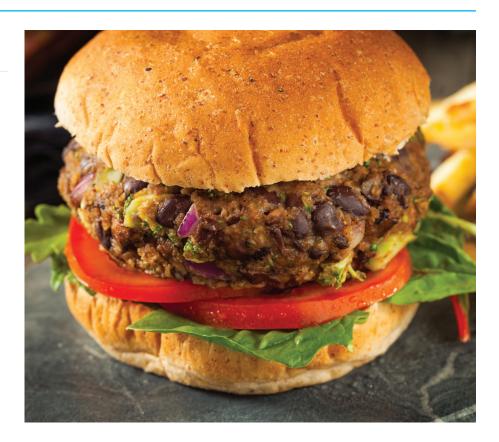
- 1 can (15 oz) black beans, rinsed and drained
- 3/4 cup gluten-free oats (or gluten-free breadcrumbs)
- ½ red onion, chopped (about ¾ cup)
- ½ cup cilantro, chopped
- 2 TBSP diced green chilies
- juice from 1 lime
- 1 clove of garlic, minced
- 3/4 teaspoon cumin
- ½ teaspoon Kosher salt
- 1/4 teaspoon black pepper
- 2-3 TBSP olive oil
- Optional: buns or tortillas, sliced tomato, lettuce, mayonnaise, etc. for serving

### **Nutrition Facts**

Serving Size: 1 Serving

Amount Per Serving	g	% Daily Value*
Calories	308.7 kcal	15 %
Total Fat	11.9 g	18 %
Saturated Fat	1.7 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	570.4 mg	24 %
Total Carbohydrate	41 g	14 %
Dietary Fiber	13.1 g	52 %
Sugars	1.6 g	
Protein	11.4 g	23 %
Vitamin A	0 % • Vitamin C	15 %
Calcium	9 % • Iron	20 %

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



#### **DIRECTIONS**

- 1 Combine all ingredients except olive oil in a food processor and blend until it forms a thick paste.
- 2 Transfer the mixture to a bowl, cover and freeze for 15-20 minutes (this will help the mixture thicken up so it's easier to work with).
- 3 In a large pan, heat olive oil over medium high heat.
- 4 Once the oil is hot, use a large cookie scoop to scoop the mixture into the pan. Gently press down on the scooped mixture to form patties.
- **5** Cook the patties on each side for 3 to 5 minutes each.
- **6** Continue cooking on each side until they have darkened and become crispy.
- **7** Serve on a bun, in a tortilla, in a salad, over some quinoa, or all by themselves.

Recipe from justwhatweeat.com.