

BLACK BEAN AVOCADO BURGERS

Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 8 (Serving= 1 burger with all toppings)

Nutrition (per serving)

Calories: 381

Total Fat: 9 g

Saturated Fat: 1 g

Sodium: 591 mg

Total Carbohydrate: 49 g

Dietary Fiber: 14 g

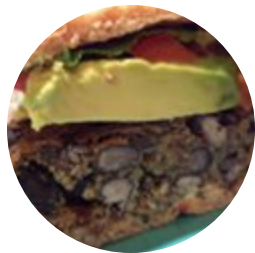
Protein: 15 g

Ingredients

Burger

- ½ red bell pepper, cut into 2 inch pieces
- ½ cup scallions, chopped
- 1 Tablespoon garlic, chopped
- 2 (15 ounce) cans blacks beans, rinsed and drained, divided
- 2 Tablespoons fresh cilantro leaves, chopped
- 2 eggs
- ½ teaspoon cayenne pepper
- 1 Tablespoon cumin

- ½ cup whole wheat bread crumbs (use gluten free bread crumbs for GF version)
- Cooking spray
- 2 avocados, sliced thin
- 8 whole wheat sandwich thins (use gluten free bun for GF version)
- 2 tomatoes, sliced
- 8 lettuce leaves



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Chipotle Mayonnaise

- 6 Tablespoons light mayonnaise
- 2 large chipotle peppers, seeded and finely chopped

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. In a food processor, add red pepper, scallions, garlic, 1 can of black beans, cilantro, eggs, cayenne pepper, cumin, and bread crumbs. Pulse to combine ingredients until smooth.
3. Transfer mixture to a large mixing bowl; add the remaining can of black beans and mix until well combined.
4. Form 8 patties, place on sprayed baking sheet and bake for 35 minutes or until firm.
5. In a small bowl, stir together both ingredients for chipotle mayonnaise.
6. Place a patty on the sandwich thin and top with avocado, lettuce, tomato, and chipotle mayonnaise.