Recipe of the Month - June 2018

Black Bean Burgers
Serves 4
Serving Size: 1 burger
Cost per serving: $0.27

Ingredients:
1 can low sodium black beans (drained and rinsed)
1 egg, beaten
1/2 cup bread crumbs
1/4 cup onion, minced
1/4 teaspoon pepper
1 tablespoon oil
Optional: cheese slices, lettuce leaves, mushrooms, onion, tomato, whole wheat bread or hamburger buns

Directions:
1. Mash beans with a fork.
2. Stir mashed beans, egg, bread crumbs, onion, pepper, and oil together until combined. Shape into 4 inch patties.
4. Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties, cover and cook for 4 more minutes.
5. Serve with optional ingredients.

NUTRITION FACTS PER SERVING: 200 calories, 6g total fat (1g sat. fat), 45mg cholesterol, 260mg sodium, 28g carbohydrates, 7g fiber, 2g sugar, 10g protein

Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar