



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



Make MyPlate Your Plate

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.
3. Heat a skillet over medium heat. Spray with nonstick cooking spray.
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*