

BLACK BEAN BURGERS

Cooking spray

1-15 oz. can low-sodium black beans, drained (or rinse regular sodium black beans for 2 to 3 minutes to remove sodium)

1/2 C. dry bread crumbs

1/3 to 1/2 C. finely chopped onion

1/3 C. tomato sauce or salsa or diced tomatoes (low-sodium)

1 tsp. cumin

2 T. chopped cilantro

1/2 C. fat-free sour cream

1/2 C. salsa

Nutrition Facts Serving Size (156g) Servings Per Container			
Amount Per Se	rving		
Calories 160 Calories from Fat 10			
		% Da	aily Value*
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 260mg			11%
Total Carbohydrate 30g 10%			
Dietary Fiber 8g			32%
Sugars 3g			
Protein 8g			
Vitamin A 4%	6 · '	Vitamin (2 8%
Calcium 8%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grat Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Preheat oven to 400° and coat a baking sheet with cooking spray. In a medium bowl, mash the beans with a fork or potato masher. Add the bread crumbs, onion, tomato sauce, cumin and cilantro. Blend with a fork. Form into four patties and place on the baking sheet. Bake for 15 minutes. Remove carefully with a spatula and place on a bun. Top with lettuce, tomato, sour cream or salsa as desired.

NUTRITION FACTS: Serving size: 3 oz per serving, 4 servings

Black Bean Burgers make a great alternative to beef burgers. These burgers cook very well in a hot oven or a nonstick skillet for 3 to 4 minutes per side. Serve on a whole grain bun with fat-free sour cream and plenty of salsa.