



Bean 'n Veggie PattyCakes



1/6th of recipe (1 patty): 139 calories, 1g total fat (<0.5g sat fat), 372mg sodium, 24.5g carbs, 5.5g fiber, 5g sugars, 9g protein

Freestyle™ [SmartPoints®](#) value 1*

[SmartPoints®](#) value 2*

Prep: 25 minutes **Cook:** 30 minutes

Chill: 1 hour



Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Four or More Servings](#)

Ingredients

5 cups chopped portabella mushrooms
1 cup finely chopped onion
1 tsp. chopped garlic
1/4 tsp. each salt and black pepper
One 15-oz. can black beans, drained and rinsed
1/2 cup fat-free liquid egg substitute
1/4 cup chopped fresh basil
1/4 cup all-purpose flour
1/4 cup finely chopped bagged sun-dried tomatoes (not packed in oil)
2 tbsp. reduced-fat Parmesan-style grated topping

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, garlic, salt, and pepper. Cook and stir until softened, about 10 minutes. Transfer to a large bowl lined with paper towels.

Place beans, egg substitute, and basil in a blender, and puree until mostly smooth.

Remove paper towels from veggie bowl, and blot away excess moisture. Thoroughly mix in bean mixture and flour. Stir in sun-dried tomatoes and Parm-style topping. Cover and refrigerate until cool and set, at least 1 hour.

Evenly divide and form mixture into 6 patties, about 1/2 cup each. If needed, clean skillet. Re-spray and bring to medium heat. Working in batches, cook patties until firm and lightly browned, 3 to 4 minutes per side. (Flip gently so patties keep their shape.) Enjoy!

MAKES 6 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.