



## Mediterranean Black Bean Burgers



1/6th of recipe (1 patty): 160 calories, 2.5g total fat (1.5g sat fat), 440mg sodium, 24.5g carbs, 6g fiber, 4.5g sugars, 10.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 20 minutes    **Cook:** 25 minutes



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

### Ingredients

2 cups chopped portabella mushrooms  
1 cup finely chopped onion  
1 tsp. onion powder  
1/4 tsp. each salt and black pepper  
4 cups roughly chopped spinach  
1 1/2 tbsp. chopped garlic  
One 15-oz. can black beans, drained and rinsed  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/3 cup whole-wheat flour  
1/2 cup crumbled feta cheese  
1/3 cup finely chopped bagged sun-dried tomatoes  
Serving suggestions: whole-wheat bun, lettuce bun, cabbage bun

### Directions

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, onion powder, salt, and pepper. Cook and stir until mostly softened, about 5 minutes.

Add spinach and garlic, and cook and stir until spinach has wilted and garlic is fragrant, about 2 minutes. Transfer to a large bowl, and pat dry.

Place beans and egg whites/substitute in a small blender or food processor, and puree until mostly smooth. Transfer to the bowl of cooked veggies. Add flour, and mix thoroughly. Stir in feta and sun-dried tomatoes. Evenly form mixture into 6 patties, about 1/2 cup each.

Clean skillet, if needed. Respray and bring to medium heat. Working in batches, cook patties until firm and lightly browned, 3 - 4 minutes per side, flipping gently.

MAKES 6 SERVINGS

**HG Storage Tips:** To freeze, tightly wrap each fully cooled patty in foil or plastic wrap. Then place in a sealable container or bag, seal, and freeze. To thaw, unwrap a patty, and place on a microwave-safe plate. Microwave on high for 1 minute, or until it reaches your desired temperature. Alternatively, thaw overnight in the refrigerator.

**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.