



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

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



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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.

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