BLACK BEAN BURGER

INGREDIENTS:

2 cups	Black Beans, cooked, drained
½ tsp	Olive oil
½ cup	Red Bell Pepper, ¼" dice
½ cup	Yellow Onion, ¼" dice
1 cup	Zucchini, ¼" dice
1 cup	Yellow Squash, ¼" dice
½ cup	Rolled Oats
1 tablespoon	Cumin, ground
½ teaspoon	Kosher Salt
¼ teaspoon	Ground Black Pepper

METHOD:

- In food processor, puree 1 cup of black beans until smooth. Scoop into a large bowl and keep the processor bowl for further use.
- Heat a large sauté pan to medium high heat. Once heated, add ½ tsp. of olive oil and swirl. Add the onions, peppers and squash and sauté until the vegetables are soft.
- Once shallots are done, add the cumin, salt and pepper and cook for another minute to bloom the spices.
- Place remaining beans, oats and cooked vegetables into the food processor and pulse a few times until a coarse mix forms.
- Add the vegetable mix to the smooth beans and stir to combine.
- Portion using ½ cup portion scoop and form into patties.
- In a hot sauté pan, spray with olive oil and sear to warm through and crisp the exterior on both sides.
- Serve warm.

Serves: 8
Serving Size: 1 4 oz patty
Calories: 90
Fat: 2 gm **Sodium:** 125 mg **Carbohydrates:** 14 gm **Protein:** 5 gm **Fiber:** 4 gm