

Black Bean Burgers-Serves 4

Serving size: 1 burger, Cost per serving \$.027

Nutrition facts: 200 calories per serving, 6 grams fat, 45 mg. cholesterol, 7 grams fiber, total sugars 2 grams, 10 grams protein.

Ingredients:

1 can low sodium black beans (drained and rinsed)

1 egg (beaten)

½ cup bread crumbs

¼ cup onion, minced

¼ teaspoon pepper

1 Tablespoon oil

Shopping list for 5/20 class

pasta (shapes such as: elbows, bowties, ziti, penne all work) Cook ahead of time for class.

1 large tomato

1 large cucumber

1 green pepper

1 medium- onion red or yellow (will use for 2 recipes)

Frozen peas

Italian salad dressing

2 peaches

Low fat vanilla yogurt

Orange juice (fresh, frozen, or squeezed) enough to make 2 cups.

1 can black beans-low sodium

1 egg

Bread crumbs

Non-stick cooking spray

Kitchen Tools needed:

2 Medium Bowl

Aluminum foil

6 paper cups

6 plastic spoons

Optional: Cheese slices, lettuce leaves, mushrooms, onion, tomato, whole wheat bread, hamburger buns, or whole wheat English muffins.

Instructions:

1. Mash beans with a fork.
2. Stir mashed beans, egg, bread crumbs, onion, pepper, and oil together until combined. Shape into 4" patties. Wash hands.
3. Heat a skillet over medium heat. Spray with non-stick cooking spray.
4. Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties, cover and cook for 4 more minutes.
5. Serve with optional ingredients.

Large pot
chef's knife or sharp knife
frying pan with lid
spatula
fork