

# Heart Healthy Recipes from Gwinnett Medical Center



## Black Bean Burger

- 1 15-oz. can black beans, drained and rinsed
- 1/4 cup dried breadcrumbs
- 1 large egg, beaten
- 2 tbsp dried onion flakes
- 1 tsp worcestershire sauce
- 1/2 tsp ground black pepper
- 1 tbsp canola oil
- 4 whole-wheat hamburger buns
- Toppings (optional)
  - Lettuce leaves
  - Sliced tomato
  - Sliced onion
  - Sliced pickle
  - Ketchup
  - Mustard

### Preparation:

1. Place the black beans in a medium-sized bowl. With the back of a fork, partially mash the beans until they are able to be shaped into a patty. Add the breadcrumbs, egg, worcestershire sauce and black pepper. Mix together well.
2. Heat the canola oil in a large skillet over medium heat.
3. Use 1/4 of the bean mixture for each patty. Shape each portion into patties that are about 3/4 inch thick.
4. Place the patties into the skillet and cook on each side about 4 minutes or until the patties become lightly browned and are firm.
5. Serve each patty on a whole wheat bun and finish off with the burger toppings you desire.

Serves 4

**Per Serving:** Calories 271