

# Eat Smart • Move More

## Black Bean Patties

Prep Time: 30 minutes

Total Time: 35 minutes



### Ingredients

- 15 ounces canned black beans, drained and rinsed
- 1 ½ cups cooked quinoa
- ½ cup bread crumbs
- ½ cup chunky salsa
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 tablespoon olive oil

### Nutrition Facts

4 servings per container		<b>1 serving</b>
<b>Serving size</b>		<b>(212.09g)</b>
<b>Amount per serving</b>		<b>260</b>
<b>Calories</b>		
		<b>% Daily Value*</b>
<b>Total Fat</b>	6g	<b>8%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	380mg	<b>17%</b>
<b>Total Carbohydrate</b>	42g	<b>15%</b>
Dietary Fiber	11g	<b>39%</b>
Total Sugars	2g	
Includes g Added Sugars		
<b>Protein</b>	11g	
Vitamin D	0mcg	0%
Calcium	90mg	6%
Iron	4.1mg	25%
Potassium	540mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

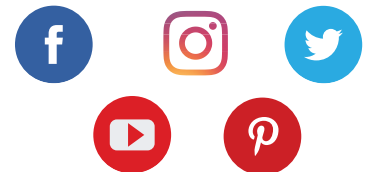
### Directions

- Add all ingredients, except for oil, to a food processor or blender. Process for 45-60 seconds, until all ingredients are blended together, but still a little bit chunky.
- Transfer mixture to a mixing bowl and refrigerate for about 10 minutes.
- Remove from the refrigerator and form mixture into patties. Line a sheet pan with parchment paper, place patties in a single layer, and refrigerate for about 20 minutes.
- Heat a pan over medium heat and coat the bottom with olive oil. Cook the burgers for about 3-5 minutes on each side, until crisp and heated through.

### Quick Tips

- ▶ Serve patties on whole-wheat buns. Adding buns increases the sodium amount.
- ▶ For a lower sodium option, try with our Fresh Salsa recipe.
- ▶ Choose between mild, medium, or hot salsa.
- ▶ Enjoy with your favorite burger toppings!

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(Recipe adapted from: <https://www.shelikesfood.com>.)

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