

Eat Smart • Move More

Italian Bean Patties

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 2 cups canned low-sodium great northern beans, drained and rinsed
- 1 egg, beaten
- 2 teaspoons Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 cup bread crumbs
- 2 tablespoons cornmeal
- 1 tablespoon canola oil

Nutrition Facts

| | |
|-------------------------------|----------------------------|
| 4 servings per container | |
| Serving size | 1 serving (179.52g) |
| Amount per serving | |
| Calories | 320 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 45mg | 15% |
| Sodium 450mg | 20% |
| Total Carbohydrate 50g | 18% |
| Dietary Fiber 8g | 29% |
| Total Sugars 4g | |
| Includes g Added Sugars | |
| Protein 15g | |
| Vitamin D 0.2mcg | 0% |
| Calcium 130mg | 10% |
| Iron 3.7mg | 20% |
| Potassium 570mg | 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

- In a mixing bowl, mash the beans.
- Add egg, Italian seasoning, garlic powder, and onion powder to the bowl. Mix well.
- Stir in bread crumbs. Then, shape into patties and dust with cornmeal.
- Sauté in canola oil over medium heat until golden brown.

Quick Tips

- ▶ Always wash your hands after handling raw eggs to avoid food poisoning.
- ▶ These can be served on whole-wheat buns and topped with traditional hamburger toppings. Adding buns and toppings may increase the amount of sodium.

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(Recipe from Montana State University Extension Service, as listed at: <https://www.myplate.gov>)

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