

Black Bean-Oatmeal Burgers

(Makes 8 burgers)

Ingredients:

- 1 15 ounce can black beans, drained and rinsed
- 1 14.5 ounce can tomatoes with zesty mild chilies
- 1 garlic clove, minced, or 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 green onions, chopped
- 1 cup chopped carrots
- 1 cup cilantro or parsley
- 2 cups old-fashioned rolled oats

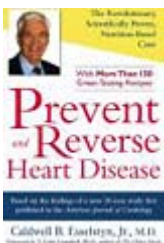
Directions:

- 1) Preheat oven to 400 degrees.
- 2) Process the first seven ingredients in a food processor until blended.
- 3) Add oats and stir.
- 4) Form into patties, put on a baking sheet and bake for 8 minutes.
- 5) Turn oven up and broil about 2 more minutes, until tops are nicely browned. (You can also “fry” the burgers in a nonstick pan until both sides are browned-or grill).
- 6) Serve on whole-grain burger buns with lettuce, tomato, onion, mustard, ketchup, or hummus. Note: For variety, bake using a favorite barbeque sauce. Heat leftovers in the microwave and eat with a bun or bread, or plain with salsa.

Nutritional Analysis: (per serving without bun)

- Calories: 140
- Total Fat: 1.5 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 380 mg
- Total Fiber: 5 g
- Protein: 6 g
- Carbohydrates: 24 g

Source:



Prevent and Reverse Heart Disease by Caldwell B. Esselstyn, Jr., MD

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.