

# BLACK BEAN QUINOA BURGERS



## ingredients:

1/4 cup quinoa	1 large clove garlic, minced
1/2 cup water	1 1/2 teaspoons ground cumin
15 oz. can of no-salt-added black beans, rinsed and drained	1/2 teaspoon salt
1/2 cup bread crumbs	1 teaspoon hot pepper sauce or to taste
1/4 cup minced yellow bell pepper	1 egg
2 Tablespoons minced onion	Vegetable oil cooking spray

## directions:

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
2. While the quinoa is cooking, roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands. Form the black bean mixture into 4 patties.
4. Spray a large skillet with vegetable oil cooking spray and bring to medium-heat. Place the patties in the pan and cook until heated through, 2 to 3 minutes per side.

Yield: 4 servings

## Nutrition Information Per Serving:

198 Calories  
3 grams Fat  
<1 gram Saturated Fat  
54 mg Cholesterol  
451 mg Sodium  
33 grams Carbohydrates  
1 gram Sugar  
7 grams Fiber  
11 grams Protein

Food exchanges:  
2 starch, 1 vegetable,  
1/2 protein



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