



Black Bean and Sweet Potato Burger

Yield: 6 servings
Source: Laura Matthias

Ingredients:

- 2 cups no-salt-added canned black beans, drained and rinsed
- 1 cup sweet potato, grated
- 1/2 cup almond butter
- 1/2 cup red onion, diced
- 1/4 cup olives, diced
- 1/4 cup whole spelt flour or other flour
- 2 tablespoons lite soy sauce or tamari
- 3 cloves garlic, diced
- 1 tablespoon fresh ginger, grated

Directions:

1. Place the black beans in a medium bowl. Mash the beans.
2. Stir in the remaining ingredients.
3. Working with 1/3 cup of the mixture at a time, form individual burger patties.
4. Heat a cast-iron skillet over medium heat.
5. Add a drizzle of oil to the pan and heat until shimmering.
6. Place 3 burger patties in the pan. Fry the burger patties for 7 to 10 minutes on the first side.
7. Flip the patties over and fry for an additional 5 to 7 minutes on the second side, or until the centers of the burgers are cooked through. If they are browning too quickly, turn the heat down a bit.
8. Repeat with the remaining 3 burger patties.

Nutrition information:

Serving size: 1 patty

Calories: 286

Fat: 2.5g

Saturated Fat: 0.5g

Sodium: 530mg

Carbohydrates: 51g

Fiber: 12g

Protein: 16g