Black Bean Burgers

Makes 4 servings
Source: Spend Smart Eat Smart

1 can low-sodium black beans, drained and rinsed
1 egg, beaten
1/2 cup bread crumbs
1/4 cup onion, minced
1/4 teaspoon pepper
1 tablespoon olive oil
Optional: cheese slices, lettuce leaves, mushrooms, onion slices, tomato slices, whole wheat bread or hamburger buns

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Mash beans with a fork. Combine with egg, bread crumbs, minced onion, pepper, and oil. Shape into patties.

Note: Optional items not included in nutritional analysis.

* The % Daily Value 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.