

Butter Bean Burger

Serving Size: 4 (1 burger)

TOTAL TIME



DIFFICULTY



VEGETARIAN



Preparation

1. Preheat oven to 350° F.
2. In a medium bowl, mash beans, mix in onion, pepper, bread crumbs, egg, cheese, and garlic powder.
3. Divide mixture into 4 equal parts and shape into patties.
4. Place on a non-stick baking sheet and bake for 5-10 minutes, flip, and bake for another 5-10 minutes until golden brown.
5. Serve each on a whole wheat bun.

Nutrition Facts Per Serving

Calories	315
Fat	5g
Saturated Fat	1g
Cholesterol	43mg
Carbohydrate	55g
Fiber	10g
Protein	15g

Ingredients

- 1 (15 ounce) can, no salt added, butter beans, drained
- 1 small yellow onion, chopped
- 1 tablespoon jalapeno or bell pepper, finely chopped
- 1/3 cup panko bread crumbs
- 1 egg, beaten
- 1/3 cup shredded low-fat cheddar cheese
- 1/4 teaspoon garlic powder
- Add black pepper, to taste
- 4 whole wheat burger buns