

Serves 4

Total Time 20 min



Black Bean and Mushroom Burgers

The food processor brings these meatless patties together in a flash. Another bonus? A new Harvard study found that those who regularly ate a healthy plant-based diet (like this burger) significantly lowered their risk of heart disease. Ground flaxseed adds body to the burgers.

Ingredients:

- 1 tbsp. ground flaxseed
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. kosher salt, divided
- 1/2 tsp. ground cumin
- 1/2 tsp. black pepper
- 2 oz. cremini mushrooms
- 1 (15-oz.) can unsalted black beans, rinsed, drained, and divided
- 1 large egg, lightly beaten
- 1 garlic clove, smashed
- 1/3 cup whole-wheat panko (Japanese breadcrumbs)
- 1 tbsp. canola oil
- 1 1/2 tsp. fresh lime juice
- 1 ripe avocado, peeled and pitted
- 2 Tbsp. plain 2% reduced-fat Greek yogurt
- 1 Tbsp. water
- 4 whole-wheat hamburger buns, toasted
- 1/2 cup finely shredded red cabbage

Directions:

1. Place flaxseed, Worcestershire sauce, 1/4 teaspoon kosher salt, cumin, pepper, mushrooms, half of the beans, egg, and garlic in a food processor; process 1 minute or until almost smooth. Place bean mixture in a bowl; stir in remaining half of beans and panko.
2. Heat oil in a large cast-iron or nonstick skillet over medium-high. Fill a 1/2-cup measure with bean mixture; add to pan. Repeat procedure 3 times to form 4 patties. Flatten patties slightly with the back of a spatula. Cook 2 to 3 minutes on each side or until browned.
3. Combine remaining 1/4 teaspoon salt, juice, and avocado in a bowl, mashing with a fork. Stir in yogurt and 1-tablespoon water. Divide patties among bottom halves of buns; top evenly with avocado mixture, cabbage, and top halves of buns.

Nutrition Facts (per serving): • 350 cal • 13g fat (sat 2g, unsat 10g) • 14g protein • 48g carb • 12g fiber • 5g sugar (3g added sugar) • 550mg sodium ; calc 13% DV • potassium 19% DV